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A. CORN. CELSI
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THE
EIGHT BOOKS
ON
MEDICINE
OF
AURELIUS CORNELIUS CELSUS,
WITH A
LITERAL AND INTERLINEAL
TRANSLATION,
On the Principles of the
Hamiltonian System,
ADAPTED FOR STUDENTS IN MEDICINE.

BY J. W. UNDERWOOD,

(Son-in-law and several years Partner of the late Mr. Hamilton).

VOL. I.



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THE

EIGHT BOOKS

OF

MEDICINE

BY

WILLIAM CORRIJUS GRIFFITH

OF THE UNIVERSITY OF CAMBRIDGE

WITH A

348358

LITTLE AND LARGE

EDITION

OF THE

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TO
SIR ANTHONY CARLISLE, F.R.S., &c.

SURGEON EXTRAORDINARY TO HIS MAJESTY, PRESIDENT OF
THE ROYAL COLLEGE OF SURGEONS, AND SURGEON
TO THE WESTMINSTER HOSPITAL.

SIR,
THE important services which you have rendered to Medical Science have made your name so eminent, that I feel a high degree of gratification in being allowed to place under your patronage this Translation of the excellent work of CELSUS on Medicine.

My object has been to afford to the Medical Student the means of acquiring a competent knowledge of the Latin language, so useful to the gentleman and man of science, and that on a plan so efficacious, as to encroach but little on that portion of his time which ought to be devoted to studies more immediately connected with his profession.

If I have succeeded in this my aim, I feel convinced that I shall have obtained your approbation.

I am, Sir,

Your very obedient and obliged servant,

J. W. UNDERWOOD.

41, *Leicester Square*,
Nov. 28, 1829.

PREFACE.

FOR many ages the Latin language was the grand medium by which the learned of every country communicated their ideas. It is true, that mankind (aided by a more rational mode of study) has latterly acquired a very general acquaintance with the modern languages, so that it may be fairly expected that this language will, in future, be less in use as a means for the communication of thought; but the number of excellent works, on Medicine in particular, already existing in the Latin, will always make its acquirement an essential point in the education of the medical man. Nor could it be studied on a better model than Celsus. His work is written in the pure style of an age immediately succeeding the Augustan, and with a taste and discernment which have fully entitled it to the high place it has obtained in the history of Medicine. It abounds with the most interesting details of the state of that art among the Romans at the time in which it was composed.

By the aid of the Interlineal Translation which I have given, the Student will be enabled to acquire the literal meaning of each word, and, by analysing the construction of every sentence in this author, to gain a practical knowledge of the Grammar and Idiom of the Language. Wherever the literal translation does not

obviously present the meaning of a passage, the *implied* meaning is given immediately after it in a parenthesis. The anatomical errors belonging to the period in which the author wrote have rendered it necessary, in some instances, to give more copious explanation than could conveniently be introduced into the body of the Translation. Such passages have been amply elucidated in the notes which will be found at the end of the Book. To render the work more completely useful to the Student who cannot avail himself of the assistance of an instructor, the quantity of the penultimate syllable has been given, both in the Text and Key. It is to be considered long in all cases, unless marked as short thus (˘). In words of two syllables the accent should invariably be placed on the first.

J. W. UNDERWOOD.

41, LEICESTER SQUARE,
Nov. 1829.

PRIMUS LIBER MEDICINÆ AURELII
THE FIRST BOOK OF MEDICINE OF AURELIUS

CORNELII CELSI.
CORNELIUS CELSUS.

Præfatio.
The Preface.

Ur Agricultura promittit alimenta sanis
As Agriculture promises nourishments to healthy
corporibus, sic Medicina (promittit) sanitatem ægris.
bodies, so Medicine (promises) health to the sick.
Hæc est quidem non nusquam.
This (science) is indeed not no-where (is every where).
Siquidem etiã imperitissimæ gentes noverunt herbas
Since-that even the most unskilful nations have known herbs
que aliã prompta in auxilium vulnërum que
and other (remedies) ready unto the aid of wounds and
morborum. Veruntãmen, exculta-est apud Græcos
of diseases. However, it was cultivated with the Greeks
aliquanto magis quàm in cætëris nationibus; ac ne-quidem
somewhat more than in other nations; and not-even
apud hos à primâ origine, sed paucis sæcülis
with these from first origin, but by a few ages
ante nos; utpöte cùm Æsculapius
before us; inasmuch-as when (since) Æsculapius
celebretur vetustissimus auctor. Qui,
may be (is) celebrated (as) the most-ancient author. Who,
quoniam excoluit paulo subtilius
because he cultivated a-little more-finely (skilfully)
hanc scientiam adhuc rudem et vulgarem, receptus-est
this science as-yet rude and common, was-received

in num̃erum deorum. Deinde duo filii
into the number of the gods. Afterwards the two sons
 hujus, Podaliriũ et Machaon, secuti
of this (Æsculapius), Podalirius and Machaon, having-followed
 ducem Agamemnõnem Trojano bello, attulerunt
the leader Agamemnon in the Trojan war, brought
 non-mediocrem opem suis commilitonĩbus.
not-middling (great) assistance to their-own fellow-soldiers.
 Quos tamen Homerus proposuit non
Whom however Homer has proposed (represented) not
 attulisse aliquid auxilii in pestilentĩã, neque
to have brought any (thing) of aid in pestilence, nor
 in variis generĩbus morborum, sed tantummodo
in various kinds of diseases, but only
 solitos-esse mederi vulnerĩbus ferro
to have-been-accustomed to cure to wounds by the iron
 et medicamentis. Ex quo
(instrument) and by medicaments. Out-of (from) which
 apparet, has partes medicinæ solas tentatas-esse ab
it appears, these parts of medicine alone to have been tried by
 his, que eas esse vetustissimas. Que potest
these, and those (parts) to be the most ancient. And it is-able
 disci eodem auctore, morbos tum
to be learned in the same author, diseases then
 relatos-esse ad iram immortalĩum deorum;
to have been-referred to the anger of the immortal gods;
 et opem solitam.(esse) posci ab
and assistance to have been-accustomed to be asked from
 iisdem. Que est simile veri inter
the same. And it is like of true (it is probable) among
 non multa auxilia adversæ valetudinĩs, tãmen eam
not many aids of adverse health, however it
 contigisse plerumque bonam, ob
to have happened (to be) for-the-most-part good, on-account-of
 bonos mores quos nẽque desidĩa neque luxuriã
the good manners which neither sloth nor luxury
 vitiant. Siquĩdem hæc duo afflixerunt
had corrupted. Since-that these two (vices) have afflicted

corpora prius in Græciâ, deinde apud nos. Que
bodies before in Greece, afterwards with us. And
 idē ista multiplex medicina, neque olim
on-that-account that manifold medicine, neither formerly
 necessaria, neque apud alias gentes, vix perducit
necessary, nor with other nations, scarcely leads-through
 aliquot ex nobis ad principia senectutis. Ergo
some out-of us to the beginnings of old-age. Therefore
 post eos, de quibus retuli, nulli clari
after those, concerning whom I have related, no illustrious
 viri exercuerunt medicinam, donec disciplina
men exercised (practised) medicine, until the study
 literarum cœpit agitari
of letters (literature) began to be agitated (to be conducted)
 majore studio, quæ ut est præcipuè omnium
with greater ardour, which as it is especially of all (things)
 necessaria animo, sic (est) inimica corpōri.
necessary to the mind, so (is) unfriendly to the body.
 Que primò scientia medendi habebatur
And at-first the science of curing was held (accounted)
 pars sapientiæ, ut et curatio morborum et
a part of wisdom, as and (both) the treatment of diseases and
 contemplatio naturæ rerum nata-sit
the contemplation of the nature of things may have-been-born
 sub iisdem auctoribus; scilicet,
(have arisen) under the same authors; that-is-to-say,
 his requirentibus hanc maxime, qui minuērant
those inquiring-into this (science) most, who had diminished
 robora suorum corpōrum inquietâ cogitatione,
the strengths of their-own bodies by restless thought,
 que nocturnâ vigiliâ; que idē accepimus
and by nightly watching; and on-that-account we have received
 multos ex professoribus sapientiæ fuisse
(heard) many out-of the professors of wisdom to have-been
 peritos ejus; verò clarissimos ex his Pythagoram,
skilled of it; but the most-illustrious out-of these Pythagoras,
 et Empedoclem, et Democritum. Autem discipulus
and Empedocles, and Democritus. But the disciple

hujus (ut quidam crediderunt) Hippocrātes,
of this (Democritus) (as some have believed) Hippocrates,
 Cōs; vir insignis et arte
belonging-to-Cos; a man remarkable and (both) in the art
 et facundiā; primus, quidem, ex omnibus dignis
and in eloquence; first, indeed, out-of all worthy
 memoriā, separavit hanc disciplinam ab studiō
with (of) memory, separated this study from the study
 sapientiā. Post quem Diocles Carystius,
of wisdom. After whom Diocles belonging-to-Carystus,
 deinde Praxagōras et Chrysippus; tum Herophilus
afterwards Praxagoras and Chrysippus; then Herophilus
 et Erasistrātus sic exercuerunt hanc artem, ut
and Erasistratus so exercised this art, that
 processerint etiam in diversas vias
they may have proceeded also (even) into different ways
 curandi. Que iisdem temporibus medicina diducta-est
of curing. And in the same times medicine was-divided
 in tres partes: ut una esset, quæ mederetur
into three parts: that one might-be, which might cure
 victu: altera quæ medicamentis:
by food: another which (might-cure) by medicaments:
 tertiā quæ manu. Græci
the third which (might-cure) by the hand. The Greeks
 nominaverunt primam διαιτητικὴν (diatētikēn),
have named the first diætic,
 secundam φαρμακευτικὴν (pharmakeutikēn), tertiā
the second pharmaceutic, the third
 χειρουργικὴν (cheiourgikēn). Autem ejus, quæ curat
chirurgic. But of that, which treats
 morbos victu, longè clarissimi auctores
diseases by food, by-far the most-illustrious authors
 conati agitare quædam
having-endeavoured to agitate (conduct) some (things)
 etiam altius, vindicaverunt sibi quoque
also (even) very-highly, have-claimed to themselves also

cognitionem naturæ rerum, tanquam sine ea,
a knowledge of the nature of things, as-if without it,
 medicina esset trunca et debilis. Post
medicine might-be maimed (imperfect) and feeble. After
 quos, Serapion, primus omnium, professus hanc
whom, Serapion, first of all, having-professed this
 rationalem disciplinam pertinere nihil ad medicinam,
reasoning study to pertain nothing to medicine,
 posuit eam tantum in usu et experimentis.
placed it only in use and in experiments (experience).
 Quem Apollonius, et Glaucias, et aliquanto post
Whom Apollonius, and Glaucias, and somewhat afterwards
 Heraclides Tarentinus, et alii quoque
Heraclides belonging-to-Tarentum, and other also
 non-mediocres viri secuti, appellaverunt se
not-middling men having-followed, called themselves
 ἐμπεϊρικοὺς (empeirikous) ex professione
empirics out-of (from their) profession
 ipsâ. Sic quoque ea medicina, quæ curat victu,
itself. Thus also that medicine, which treats by food,
 divisa-est in duas partes, aliis vindicantibus
was-divided into two parts, others (some) claiming
 sibi rationalem artem, aliis tantum usum:
to themselves the reasoning art, others only experience:
 verò nullo, post eos, qui comprehensi-sunt
but no (person), after those, who have been-comprehended
 supra, agitante quicquam, nisi quod
above, agitating (practising) any (thing), unless what
 acceperat: donec Asclepiâdes
he had received (from his predecessors): until Asclepiades
 mutavit rationem medendi ex magnâ
changed the reason (manner) of curing out-of a great
 parte. Ex successoribus cujus
part (in a great measure). Out-of the successors of whom
 Themison ipse nuper in senectute quoque
Themison himself lately in (his) old-age also
 deflexit quædam. Et quidem per
has turned (changed) some (things). And indeed through

hos viros maxime ista salutaris professio
these men most (chiefly) that salutary profession
 increvit nobis.
has-increased to us.

2. Autem quoniam ex tribus partibus medicinae,
But because out-of the three parts of medicine,
 ea quæ medetur morbis, ut est difficillima,
that which cures to diseases, as it is the most difficult,
 sic etiam clarissima, dicendum-est
so (it is) also the most-illustrious, it must-be-said (spoken)
 de hac ante omnia. Et quia prima
concerning this before all (things). And because the first
 dissensio est in eo, quod alii contendunt
disagreement is in this, because others (some) contend
 tantummôdò notitiam experimentorum esse necessariam
only a knowledge of experiments to be necessary
 sibi: alii proponunt usum esse non
to themselves: others propose (affirm) experience to be not
 potentem satis, nisi ratione corporum que
powerful enough, unless the reason (regulation) of bodies and
 naturalium rerum compertâ: indicandum-est
of natural things being discovered: it-must-be-pointed-out
 quæ dicantur maxime ex
what (things) may be-said (are said) most (chiefly) out-of
 utrâque parte, quò nostra opinio quoque
each part (on each side), by-which our opinion also
 possit facilius interponi. Igîtur hi
may-be-able more-easily to be interposed. Therefore those
 qui profitentur rationalem medicinam, proponunt
who profess the reasoning medicine, propose (affirm)
 hæc esse necessaria. Notitiam abditarum
these (things) to be necessary. A knowledge of hidden
 causarum et continentium morbos, deinde
causes and containing diseases (proximate), afterwards
 evidentium, post hæc etiam
of evident (causes), after these (things) also (a knowledge)
 naturalium actionum, novissime interiorum partium.
of the natural actions, lastly of the interior parts.

Vocant abdītas causas, in quibus requiritur, ex
They call hidden causes, in which it is inquired, out-of
 quibus principiis nostra corpōra sint,
what beginnings (elements) our bodies may-be,

quid faciāt secundam, quid adversam valetudinē.
what may make favourable, what adverse health.

Enim neque credunt eum posse scire
For neither do they believe him to-be-able to know

quomōdo conveniat curare morbos, qui
in-what-manner it may-be-fit to treat diseases, who

ignoret, unde hi sint. Neque esse
may-be-ignorant, whence these may-be. Neither to be

dubium quin sit opus aliā
doubtful but-that there-may-be need with-another (different)

curatione, si aliquid ex quatuor principiis
treatment, if some (one) out-of the four beginnings

vel superans vel deficiens creat
(elements) either exceeding or failing creates

adversam valetudinē; ut quidam ex professoribus
adverse health; as some out-of the professors

sapientiae dixerunt; aliā, si omne vitium est
of wisdom have-said; with another, if every vice is

in humidis; ut visum-est Herophilo;
in the humids (humours); as has-seemed to Herophilus;

aliā, si in spiritu, ut
with another, if in the breathing, as (has seemed)

Hippocrati; aliā, si sanguis transfunditur
to Hippocrates; with-another, if the blood is transfused

in eas venas, quæ sunt accommodata
into those veins (arteries), which are adapted

spiritui, et excitat inflammationem, quam
to the breathing, and excites inflammation, which

Græci nominant φλεγμονήν (phlegmōnēn), quæ ea
the Greeks name phlegmone, and that

inflammatio efficit talem motum, qualis est in
inflammation causes such-a motion, as is in

febre, ut placuit Erasistrato: aliā si
fever, as it has-pleased to Erasistratus: with-another if

corpuscūla manantiā per invisibilia foramina
the atoms flowing through the invisible pores

subsistendo claudunt iter; ut Asclepiādes contendit.
by stopping close the way; as Asclepiades contends.

Verò eum curaturum, rectè, quem
But (they say) him (to be) about-to-treat rightly, whom

prima origo causæ fefellërit non. Verò
the first origin of the cause may-have-deceived not. But

neque inficiantur experimenta quoque esse
neither do-they-deny experiments also to be

necessariā; sed contendunt ne-quidem aditum
necessary; but they contend not-even access

potuisse fieri ad hæc, nisi ab aliquā
to have-been-able to be-made to these, unless from some

ratione. Enim antiquiores viros non
reasoning. For (they say) the more-ancient men not

inculcasse quidlibet
to have-inculcated (administered) anything (that-pleased-them)

ægris; sed cogitasse quid conveniret
to the sick; but to have-considered what might-befit

maxime; et explorasse id usu
most; and to have searched-out that by experience

quod duxissent aliquā conjecturā.
which they might-have-led (reckoned) by some conjecture.

Neque interesse, an plerāque
Nor to differ (does it differ), whether most (things)

explorata-sint jam nunc, si tamen
may-have-been-searched-out already now, if however

cœperunt à consilio. Et
they began from counsel (reasoning). And (they affirm)

id quidem habere se ita in
that indeed to have itself thus (to be the case) in

multis. Verò etiam nova genera morborum
many (things). But also new kinds of diseases

sæpe incidere, in quibus usus ostendërit
often to happen, in which experience may have-shown

adhuc nihil, idëo-ut sit necessariū
as-yet nothing, so-that it may be necessary

animadvertēre unde ea cœpērint; sine
to consider whence those may have-begun; without
 quo nemo mortalium possit reperire cur
which no-one of mortals may be-able to discover why
 utatur hoc, potius quam illo.
he may use with this (remedy), rather than with that.

Et ob hæc quidem persequuntur
And on-account-of these (things) indeed they pursue

causas positas in obscuro.
(investigate) causes placed in obscure (obscurity).

Verò appellant has Evidentes, in quibus
But they call these Evident (causes), in which

quærunt, an calor, an frigus fecerit^x
they seek, whether heat, or cold may have-made

initium morbi; an fames an satiētas;
the beginning of the disease; whether hunger or satiety;

et quæ sunt similia. Enim dicunt
and (the things) which are the like. For they say

eum occurrurum vitio, qui
him (to be) about-to-meet (oppose) to a vice (malady), who

ignorarit non originem. Verò appellant
may have-been-ignorant-of not the origin. But they call

naturales actiones corporis per quas
natural actions of the body (those) through which

trahimus et emittimus spiritum; assumimus et
we draw and emit the breath; we take and

concoquimus cibum que potionem; que item per
we concoct food and drink; and also through

quas hæc eādem digeruntur in
which these same (things) are distributed (digested) into

omnes partes membrorum. Tum requirunt etiā,
all parts of the members. Then they inquire also,

quare nostræ venæ modò submittant
wherefore our veins (arteries) now may lower (contract)

se, modò attollant; quæ sit
themselves, now may raise (themselves); what may be

ratio somni, quæ vigiliæ. Sine notitiā
the reason of sleep, what of watching. Without a knowledge

** attulerit in the Text.*

quorum putant neminem posse vel occurrere vel
of which they think no-one to be-able either to meet or
 mederi morbis nascentibus inter hæc. Ex
to cure to diseases arising among these (things). Out-of
 quibus quia concoctio videtur pertinere quam-maxime
which because concoction seems to pertain as-much-as-possible
 ad rem; insistunt huic potissimum; et
to the thing; they insist (rest-on) to this most-especially; and
 alii, Erasistrato duce, contendunt
others (some), Erasistratus (being their) leader, contend
 cibum attrahi in ventre; alii,
the food to be rubbed (trituated) in the belly; others,
 Plistonico discipulo Praxagoræ
Plistonius the disciple of Praxagoras (being their guide, say
 putrescere; alii credunt Hippocrati,
the food) to become-putrid; others believe to Hippocrates,
 cibos concocqui per calorem. Que æmuli
the foods to be concocted through heat. And the rivals
 Asclepiadis accedunt, qui
(followers) of Asclepiades come-up (are-to-be-added), who
 proponunt omnia ista esse vana et
propose (affirm) all those (things) to be vain and
 supervacua; enim nihil concocqui sed
superfluous; for (they maintain) nothing to be concocted but
 crudam materiam, diduci in omne corpus,
the crude matter, to be dispersed into all the body,
 sicut assumpta-est. Et hæc quidem constant
as it was-taken. And these (things) indeed agree
 parum inter eos: vero illud convēnit, aliū cibum
little among them: but that is-agreed, another food
 dandum laborantibus, si hoc est verum,
(is) to be-given to the labouring (sick), if this is true,
 aliū, si illud. Nam si teritur
another, if that (is true). For if it is-rubbed (trituated)
 intus, cum esse quærendum, qui
within, (they say) that (food) to be to be sought, which
 possit teri facillimè. Si putrescit,
may-be-able to be-rubbed most-easily. If it becomes-putrid,

eum in quo hoc est expeditissimum. Si calor concoquit,
that in which this is most expeditious. If heat concocts,
 cum qui movēat maxime calorem. At nihil
that which may move (excite) most heat. But nothing
 ex his esse quærendum, si nihil
out-of these (things) to be to be-sought, if nothing
 concoquitur; verò ea sumenda quæ manent
is concocted; but those (things) to be-taken which remain
 maxime, qualia assumpta-sunt. Que eadem ratione,
most, such-as they were-taken. And by the same reason,
 cum spiritus est gravis, cum somnus
when the breathing is heavy (oppressive), when sleep
 aut vigilia urget, arbitrantur eum posse mederi,
or watching harasses, they think him to be-able to cure,
 qui percepērit prius qualiter illa
who may have-perceived previously in what-manner those
 ipsa eveniant. Præter hæc,
(things) themselves may proceed. Beside these (things),
 cum et dolores et varia genera
when (since) and (both) pains and various kinds
 morborum nascantur in interioribus partibus, putant
of diseases may arise in the interior parts, they think
 neminem posse adhibere remedia his quæ ipse
no-one to be-able to apply remedies to these which himself
 ignoret. Ergo, esse necessarium incidere
may-be-ignorant-of. Therefore, to be necessary to cut
 corpora mortuorum, que scrutari
(dissect) the bodies of the dead, and to examine-diligently
 viscera atque intestina eorum. Que
the viscera and intestines of them. And (they affirm)
 Herophilum et Erasistratum fecisse longe optime,
Herophilus and Erasistratus to have-done by-far best,
 qui inciderint nocentes homines,
who may have-cut (dissected) hurtful men (criminals),
 acceptos à regibus ex carcere, vivos, que
received from kings out-of prison, alive, and
 considerarint etiam spiritu remanente, ea
may have-considered even the breath remaining, those (things)

quæ natura clausisset ante, que posituram
which nature might have-shut-up before, and the position
 eorum, colorem, figuram, magnitudinem, ordinem,
of them, the colour, the form, the size, the arrangement,
 duritiem, molliem, lævorem, contactum;
the hardness, the softness, the smoothness, the feel;
 deinde processus et recessus
afterwards the advances (projectures) and the recesses
 singulorum, sive quid inseritur alteri, sive
of each, whether any (thing) is inserted to another, or
 quid recipit partem alterius in se. Enim
any (thing) receives part of another into itself. For
 cum dolor incidit intus, neque eum scire quid
when pain happens within, neither him to know what
 dolëat, qui cognovërit non, quâ parte
may suffer-pain, who may have-known not, in what part
 quodque viscus ve intestinum sit. Neque id
each viscus or intestine may-be. Neither that
 quod est ægrum, posse curari ab eo, qui
which is sick, to be-able to be treated by him, who
 ignoret quid sit. Et cùm viscëra
may be-ignorant what it may-be. And when the viscera
 alicujus patefacta-sunt per vulnus,
of some-one have been-laid-open through a wound, (they affirm)
 eum, qui ignoret colorem cujusquam sanæ
him, who may-be-ignorant-of the colour of any healthy
 partis, nescire quid sit intëgrum, quid corruptum;
part, not-to-know what may be sound, what corrupted
 ita ne-quidem posse succurrëre
(injured); thus not-even to be-able to succour
 corruptis: que remediã
to the corrupted (injured parts): and (they say) remedies
 imponi aptius extrinsëcus, et
to be-placed-on (applied) more-fitly from-without, and (both)
 sedibus et figuris interiorum
the situations and the forms of the interior (parts)
 compertis, que magnitudine eorum cognitã;
being-discovered, and the size of them being known;

que omnia quæ posita-sunt,
and all (the things) which have-been-placed (laid-down),
 habere similes rationes. Neque esse crudele, sicut
to have like reasons. Neither to be cruel, as
 plerique proponunt remedia quæri
most propose (affirm) (for) remedies to-be-sought
 innocentibus populis omnium seculorum,
to (for) innocent peoples of all ages,
 supplicii nocentium hominum, et horum
by the punishments of hurtful (criminal) men, and of these
 quoque paucorum. Contra ii, qui nominant
also (only) a few. On-the-other-hand those, who name
 se ἐμπειρικους (empeirikous) ab experientia,
themselves empirics from experience,
 amplectuntur evidentes causas, quidem, ut necessarias:
embrace evident causes, indeed, as necessary:
 verò contendunt quæstionem obscurarum causarum
but they contend the question of obscure causes
 et naturalium actionum esse idè
and of natural actions to be on-this-account
 supervacuum, quoniam natura sit non
superfluous, because nature may-be not
 comprehensibilis. Vero non posse comprehendì,
comprehensible. But (it) not to be-able to be-comprehended,
 patere ex discordiâ eorum qui
to be-evident out-of the disagreement of those who
 disputarunt de his; cum
have disputed concerning these (things); when (since)
 conveniat neque inter professores sapientiæ,
it may-be-agreed neither among the professors of wisdom,
 neque inter medicos ipsos, de ista
nor among physicians themselves, concerning that
 re. Enim cur aliquis credat
thing. For why any-one may (should) believe
 potius Hippocrati quam Herophilo? cur
rather to Hippocrates than to Herophilus? why
 potius huic quam Asclepiadi? Si
rather to this (Herophilus) than to Asclepiades? If

velit sequi rationes, omnium
he may-wish to follow reasonings, (those) of all (these)
 posse videri non improbabilēs; si curationes,
to be-able to seem not improbable; if treatments,
 (they reply) ægros perductos-esse ad sanitatem ab
the sick to have-been-led to health by
 omnibus his: ita oportuisse fidem derogari
all these: thus to have behaved faith to be derogated
 neque disputationi neque auctoritati
 (refused) *neither to the argument nor to the authority*
 cujusquam. Etiam studiosos sapientiæ esse
of any-one. Also (they say) the studious of wisdom to be
 maximos medicos, si ratiocinatio faceret hoc:
the greatest physicians, if reasoning would-do this:
 nunc verba superesse illis, scientiam medendi
now words to abound to them, the science of curing
 deesse. Quoque genera medicinæ differre
to be wanting. Also the kinds of medicine to differ
 pro natura locorum; et aliud
according-to the nature of places; and another (one thing)
 esse opus Romæ, aliud in Ægypto, aliud
to be needful of (at) Rome, another in Ægypt, another
 in Gallia. Quod-si eæ causæ, quæ essent
in Gaul. But-if those causes, which might-be
 ubique eadem, facerent morbos, quoque
every-where the same, might-make diseases, also
 remedia debuissent esse ubique eadem.
the remedies to have-ought to be every-where the same.
 Etiam causas sæpe apparere, ut
Also (they say) the causes often to be-apparent, as
 puta lippitudinis, vulneris; neque
for-instance of soreness-of-the-eyes, of a wound; neither
 medicinam patere ex his. Quod-si
the medicine (treatment) to be-evident out-of these. But-if
 evidens causa subjiciat non hanc scientiam,
an evident cause may-suggest not this knowledge,
 multo minus eam, quæ est in dubio.
by much less that (cause), which is in doubtful (doubt),

posse subicere. Cùm igitur illa
to be-able to suggest (it). When (since) therefore that
 sit incerta, quæ incomprehensibilis, præsidium esse
may be uncertain, and incomprehensible, a safe-guard to be
 petendum potius a certis et exploratis,
to be sought rather from certain and explored (things),
 id est, iis quæ experientia docuerit
that is, from those which experience may have-taught
 in curationibus ipsis; sicut in omnibus cæteris
in the treatments themselves; so-as in all other
 artibus. Nam ne-quidem agricolam aut gubernatorem
arts. For not-even a husbandman or a pilot
 fieri disputatione, sed usu. Ac istas
to be-made by argument, but by practice. And those
 cogitationes pertinere nihil ad medicinam, quoque
considerations to pertain nothing to medicine, also
 disci eo, quod qui
to be learned (may be learned) by this, because (those) who
 senserint diversa de his
may have-thought different (things) concerning these (things)
 tamen perduxerint homines ad eandem sanitatem.
yet may have led men to the same health.
 Enim fecisse id, quia
For (they affirm them) to have-done that, because
 traxerint vias medendi, non ab
they may-have-drawn the ways of curing, not from
 obscuris causis, neque à naturalibus actionibus,
obscure causes, nor from the natural actions,
 quæ erant diversæ apud
which were different (not agreed-upon) with
 eos, sed ab experimentis, prout
them, but from experiments, according-as
 responderant cuique.
they had-answered (succeeded) to each. (They say)
 ne-quidem inter initia,
not-even among the beginnings (from its commencement),
 medicinam deductam-esse ab istis
medicine to have-been-drawn (derived) from those

quæstionibus, sed ab experimentis. Enim ægrorum qui
inquiries, but from experiments. For of the sick who
 erant sine medicis, alios propter
were without physicians, others (some) on-account-of
 aviditatem assumpsisse cibum protinus primis
eagerness to have-taken food immediately in the first
 diebus, alios propter fastidium abstinuisse; que
days, others on-account-of loathing to have-abstained; and
 morbum eorum qui abstinuerant levatum-esse
the disease of those who had abstained to have been-relieved
 magis. Que item alios edisse aliquid in febre
more. And also others to have-eaten something in fever
 ipsa, alios paulo ante eam, alios post remissionem
itself, others a little before it, others after the abatement
 ejus; deinde cessisse optime
of it; afterwards (it) to have-yielded (succeeded) best
 iis qui fecerant id post finem febris. Que
to those who had done that after the end of the fever. And
 eadem ratione, alios protinus inter principia
by the same reason, others immediately among the beginnings
 usos-esse pleniore cibo, alios
(of sickness) to have-used with a more-full food, others
 exiguo; que eos factos-(esse) graviores,
with little; and those to have-been-made more-heavy (sick),
 qui impleant se. Cum hæc que similia
who had filled themselves. When (since) these and the like
 incidērent quotidie, diligentes homines
(things) might-happen daily, diligent men
 notasse, quæ responderent
to have-marked (the things) which might-answer
 plerumque melius; deinde cœpisse præcipere
for-the-most-part better; afterwards to have-begun to order
 ea ægrotantibus. Sic medicinam ortam (esse),
them (to those) being-sick. Thus medicine to have-arisen,
 subinde salute aliorum,
occasionally by the safety (cure) of others (some).
 interitū aliorum, discernentem perniciosā
by the destruction of others, distinguishing pernicious (things)

a salutaribus. Deinde remediis jam
from the salutary. Afterwards remedies already
 repertis, homines cœpisse disserere
being-discovered, (they say) men to have-begun to discuss
 de rationibus eorum; nec medicinam
concerning the reasons of them; neither (and not) medicine
 inventam-esse post rationem, sed rationem
to have-been-found-out after the reason, but the reason
 quæsitam-esse post medicinam inventam.
to have-been-sought after medicine being-found-out.
 Requirere etiam an ratio doceat idem quod
To enquire also whether reason may teach the same which
 experientia, an aliud: si idem,
experience (does), or another (thing): if the same,
 esse supervacuum; si aliud
(they assert it) to be superfluous; if another (different thing)
 etiam contrariam. Tamen primo remedia fuisse
even contrary. Yet at-first remedies to have-been
 exploranda summa cura, vero jam
to be-searched-out with the highest care, but already (now)
 esse explorata; neque aut nova genera
to be (that they are) searched-out; neither either new kinds
 morborum reperiri, aut novam medicinam desiderari.
of diseases to be found, or a new medicine to be-wanted.
 Quod-si jam aliquod ignotum genus mali
But-if now some unknown kind of evil (disease)
 incidat, tamen non fore non
may happen, yet not to be about-to-be not (that it ought-
 cogitandum medico idēo
not) to be-considered to (by) the physician on-that-account
 de obscuris rebus; sed eum visurum (esse)
concerning obscure things; but him to be about-to-see
 protinus cui morbo sit proximum; que
immediately to what disease it-may-be nearest; and
 tentaturum remedia similia illis quæ succurrerint
about-to-try remedies like to those which may have succoured
 sæpe vicino malo, et reperturum opem
often to the neighbouring (like) evil, and about-to-find aid

per similitudinem ejus. Enim neque se
through the resemblance of it. For neither themselves
 dicere, medicum non egere consilio, et irrationale
to say, a physician not to need with counsel, and an irrational
 animal posse præstare hanc artem; sed
animal to be-able to perform this art; but (they affirm)
 has conjecturas latentium rerum pertinere non ad rem;
these conjectures of hidden things to pertain not to the thing;
 quia intersit non quid faciat, sed
because it may-be-of-importance not what may make, but
 quid tollat morbum; neque pertinere ad
what may-take-away a disease; neither may it pertain to
 rem, quomodo, sed quid digeratur optime:
the thing, how, but what may be-digested best:
 sive concoctio incidat de hac causa, sive de
whether concoction may happen from this cause, or from
 illa; et sive illa sit concoctio, sive tantum
that; and whether that may be concoction, or only
 digestio. Neque esse quærendum
digestion. Nor to be to be sought (nor ought it to be
 quomodo spiremus, sed quid expediat
inquired) how we may-breathe, but what may free
 gravem que tardum spiritum: neque quid
(remedy) heavy and slow breathing: nor what
 moveat venas, sed quid quæque
may move (excite) the veins (arteries), but what each
 genera motus significant. Autem hæc
(the several) kinds of motion may signify. But these
 cognosci experimentis. Et in omnibus
(things) to be-known by experiments. And in all
 cogitationibus ejusmodi posse diseri in
considerations of this-sort to be-able to be-discussed into (on)
 utramque partem; itaque ingenium et facundiam
each part; therefore ability and eloquence
 vincere; autem morbos curari non eloquentia, sed
to conquer; but diseases to be treated not by eloquence, but
 remediis. Quæ si quis elinguis
by remedies. Which (remedies) if any speechless (not

eloquent person) *norit* *bene* *discreta*
may have-known well distinguished
usu, *hunc* *futurum* *aliquanto* *majo rem*
by practice, this (person) about-to-be somewhat a greater
medicum, *quam* *si* *excoluërit* *suam* *linguam*
physician, than if he may-have cultivated his tongue
sine usu. *Atque ea* *quidem de*
without practice. And these (things) indeed concerning
quibus dictum-est *esse tantummodo* *supervacua ; vero*
which it has-been-said to be only superfluous ; but
id, *quod restat,* *etiam crudele :* *alvum* *atque*
that which remains, even cruel : the belly and
præcordia *vivorum hominum* *incidi,* *et*
the parts-about-the-heart of alive men to be-cut, and
artem præsidem *humanæ salutis,* *inferre* *alicui*
an art presiding-over of human safety, to bring-on to any-one
non solum pestem, *sed etiam hanc atrocissimam ;*
not only pest (death), but even this the most-cruel
præsertim cum ex iis, *quæ quærantur*
especially when out-of those (things), which may be-sought
tanta violentia, *alia possint non*
with so-great violence, others (some) may-be-able not
cognosci omnino, *alia possint etiam sine*
to be-known at-all, others may be-able even without (that)
scelere. *Nam* *colorem,* *lævorem,*
wickedness. For (they maintain) the colour, the smoothness,
mollitiem, *duritiem,* *que omnia similia* *esse*
the softness, the hardness, and all the like (things) to be
non talia, *corpore inciso,* *qualia*
not such, the body being-cut (opened), as
fuërint *integro : quia cum,*
they may have-been (it being) entire : because when (since),
corporibus inviolatis, *tamen hæc mutantur*
bodies being-not-violated, yet these may-be-changed
sæpe metu, *dolore,* *inedia,* *cruditate,* *lassitudine*
often by fear, by grief, by hunger, by indigestion, by fatigue,
mille aliis mediocribus *affectibus ; est*
by a thousand other moderate (trifling) affections ; it is

multo magis verisimile, interiora, quibus
by much more probable, the interior (parts), to which
 major molliſſies ſit lux ipſa nova,
a greater ſoftneſs may be (and) the light itſelf new (novel),
 mutari ſub graviffimis vulneribus, et trucidatione
to be changed under the moſt heavy wounds, and murder
 ipſa. Neque quidquam eſſe ſtultius quàm exiſtimare
itſelf. Nor any (thing) to be more fooliſh than to think
 quale que quid eſt homine vivo, tale eſſe
what-sort and what is in a man (being) alive, ſuch to be
 moriente, immo jam mortuo. Nam
(in the man) dying, yea (even) already dead. For
 utrum, qui pertinèat minus ad rem,
(they ſay) the belly, which may pertain leſs to the thing,
 poſſe diduci, homine ſpirante;
to be-able to be drawn-apart (divided), the man breathing;
 vero ſimul-atque ferrum accessit ad
but as-ſoon-as the iron (the ſcalpel) has approached to
 præcordia, et transversum ſeptum
the parts-about-the-heart, and the tranſverſe enclosure
 diſciſſum-eſt, quod diducit ſuperiores partes ab
has been-cut-through, which divides the upper parts from
 inferioribus, (Græci vocant διάφραγμα (diaphragma),
the lower, (the Greeks call (it) the diaphragm),
 hominem protinus amittere animam; ita demum eſt
the man immediately to loſe life; thus at-length it is
 neceſſe præcordia et omne viſcus mortui
necessary (for) the præcordia and every viſcus of the dead
 dari in conſpectum latrocinantis
(perſon) to be given into the ſight of the robbing
 medici tale quale eſt mortui,
(murdering) phyſician ſuch as is (that of him) dead,
 non quale vivi. Itaque medicum conſequi
not as (of him being) alive. Therefore the phyſician to attain
 ut jugulet crudeliter hominem; non ut
that he may butcher cruelly a man; not (to attain) that
 ſciat qualia viſcera habeamus vivi.
he may know what ſort-of viſcera we may have (being) alive.

Tamen si sit quid quod subjiçiat
Yet if there-may-be any (thing) which may-be-subjected
 conspectui, homine adhuc spirante, casum
to the sight, the man as-yet breathing, (they say) accident
 sæpe offerre id curantibus. Enim
often to offer that to (those) curing (to physicians). For
 interdum gladiatorem in arena, vel militem
sometimes a gladiator in the arena, or a soldier
 in acie, vel viatorem exceptum a
in battle, or a traveller taken (surprised) by
 latronibus vulnerari sic, ut aliqua interior pars
robbers to be wounded so, that some interior part
 ejus aperiatur, et alia in alio: ita
of him may be-opened, and another in another: thus,
 prudentem medicum cognoscere sedem, positum,
a prudent physician to know (learn) the seat, position,
 ordinem, figuram, que alia similia, non
arrangement, shape, and other like (things), not
 molientem cædem, sed sanitatem; que discere id
undertaking slaughter, but health; and to learn that
 per misericordiam, quod alii cognoverint
through mercy, which others may have-known
 dira crudelitate. Ob hæc,
by dreadful cruelty. On-account-of these (things),
 ne-quidem lacerationem mortuorum esse necessariam:
not-even the laceration of the dead to be necessary:
 quæ, etsi sit non crudelis, tamen fœda;
which, although it may be not cruel, yet (is) filthy;
 cum pleræque habent se aliter
when (since) most (things) may have themselves otherwise
 in mortuis: vero curatio ipsa ostendat, quantum
in the dead: but the treatment itself may show, as-much-as
 potest cognosci in vivis.
is-able to be-known in (those) alive.

4 Cum hæc sæpe
Whence (since) these (things) often
 tractata-sint atque tractentur
may-have-been-treated-of and may be (are) treated-of

a medicis per multa volumina, que per
by physicians through many volumes, and through
 disputationes magnæ contentionis; est subjiciendum,
disputes of great contention; it is to be suggested,
 quæ possint videri proxima vero.
what (things) may be-able to seem nearest to the true (truth).

Ea sunt neque addicta alterūtri opinioni,
These are neither addicted (devoted) to either opinion,
 neque abhorrentia nimium ab utraque;
nor abhorring (differing) too-much from each;

quodammōdo mediā^a inter
in-some-measure (it is) middle (the mean) between

diversas sententias: quod licet
the different sentiments: which it-is-allowed (to those)

scrutantibus verum sine ambitione
searching the true (truth) without ambition (prejudice)

deprehendere in plurimis contentionibus; ut in hac
to detect in most contentions; as in this

re ipsa. Nam ne-quidem professores sapientiæ
thing itself. For not-even the professors of wisdom

comprehendunt scientiā quæ causæ præstent vel
comprehend by science what causes may produce either

secundam valetudinē, vel excitent morbos; quomōdo
prosperous health, or may excite diseases; how

spiritus aut cibus vel trahatur vel digeratur,
the breath or food either may be-drawn or may be-digested,

sed persequuntur conjectura. Autem cuius rei
but they pursue by conjecture. But of what thing

est non certa notitiā, opinio ejus potest
there-is not a sure knowledge, an opinion of it is-able

non reperire certum remedium. Que est verum, nihil
not to find a sure remedy. And it is true, nothing

conferre plus ad rationem ipsam curandi, quam
to conduce more to the reason (rule) itself of treating, than

experientiam. Igītur quamquam sint multa
experience. Therefore although there may be many

non pertinentia propriē ad artes ipsas,
(things) not pertaining properly to the arts themselves,

tamen adiuvant eas, excitando ingenium
yet they assist them, by exciting (developing) the ability
 artificis. Itaque quoque quamvis ista contemplatio
of the artist. Therefore also although that contemplation
 naturæ rerum faciat non medicum, tamen
of the nature of the things may make not a physician, yet
 reddit aptiorem medicinæ. Que est
it renders (a man) more fit to (for) medicine. And it is
 verisimile, et Hippocratem et Erasistratum, et
probable, both Hippocrates and Erasistratus, and
 quicumque alii, non contenti agitare
whatever others, not content to agitate (employ themselves on)
 febres et ulcëra, quoque scrutati sunt naturam
fevers and ulcers (alone), also have searched-into the nature
 rerum ex aliqua parte, non quidem
of things out-of some part (in some measure), not indeed
 fuisse idëo medicos, verum quoque
to have-been on-that-account physicians, but also
 idëo exitisse majores medicos.
on-that-account to have existed (been) greater physicians.
 Vero tamen sæpe est opus ratione medicinæ
But yet often there-is need with reason to medicine
 ipsi, etsi non inter obscuras causas, neque
itself, although not among obscure causes, nor
 inter naturales actiones. Enim hæc ars est
among natural actions. For this art is
 conjecturalis, neque plerumque conjectura
conjectural, neither for the most part conjecture
 solum, sed etiam experientia respondet non
alone, but also experience answers not
 ei. Et interdum non febris, non
(is erroneous) to it. And sometimes not fever, not
 cibus, non somnus subsequitur, sicut assuevit.
food, not sleep follows, as it has been-accustomed.
 Rarius, sed aliquando quoque morbus
More (very) seldom, but sometimes also the disease
 ipse est novus: quem non incidere, est
itself is new: (to allege) which not to happen, is

manifeste falsum ; cum quædam nostra ætate,
manifestly false ; when a certain (woman) in our age,
 expiravêrit intra paucas horas, carne
may-have-expired within a few hours, the flesh
 prolapsa ex naturalibus partibus, et
having slipped-forth out-of the natural parts, and
 arente ; sic ut nobilissîmi medici
drying-up ; so that the most-noble physicians
 invenêrint neque genus mali neque
may have-found-out neither the kind of the evil nor
 remedium. Quos ego judico tentasse nihil, quia
the remedy. Whom I judge to have tried nothing, because
 nemo voluêrit periclitari sua conjectura
no-one may have-wished to risk by his-own conjecture
 in splendida persona ; ne videretur
in a splendid (noble) personage ; lest he might-seem
 occidisse, nisi servasset : tamen
to have killed, unless he might have-preserved (her) : yet
 est verisimile potuisse cogitare
it is probable (some one) to have-been-able to think-of
 aliquid, tali verecundiâ detracta,
some (thing), such bashfulness (timidity) being withdrawn,
 et fortasse id fuisse responsurum, quod
and perhaps that to have been about-to-ansuer, which
 aliquis expertus-esset. Ad quod genus medicinæ,
some-one might-have-tried. To which kind of medicine,
 neque similitudo confert semper aliquid ;
neither resemblance (analogy) conduces always some (thing) ;
 et si confert quando tamen id ipsum est
and if it conduces at-any-time yet that (thing) itself is
 rationale, inter multa similia gênera
rational (the effect of reasoning), among many like kinds
 et morborum et remediorum, cogitare, quo
and (both) of diseases and of remedies, to consider, with what
 medicamento potissimum sit utendum.
medicine especially it may be to be used (ought to be used).
 Igîtur cum talis res incidit, oportet
Therefore when such-a thing happens, it behoves (that)

medicus inveniat aliquid, quod respondeat
the physician may find-out some (thing), which may answer
 non fortasse ubique, tamen etiam
not perhaps every-where (in every case), yet also
 sæpius. Autem quoque petet novum consilium,
very-often. But also he will-seek new counsel,
 non ab latentibus rebus, enim istæ sunt dubiæ et
not from hidden things, for those are doubtful and
 incertæ, sed ab iis quæ possunt explorari,
uncertain, but from those which are able to be searched-out,
 id est evidentibus causis. Enim interest
that is from evident causes. For it differs (it-is-of-importance)
 an fatigatio an sitis, an frigus an calor, an
whether fatigue or thirst, whether cold or heat, whether
 vigilia an fames, an abundantia cibi
watching or hunger, whether abundance (excess) of food
 que vini, an intemperantia libidinis fecerit
and of wine, or intemperance of lust may have made
 morbum. Neque oportet hunc ignorare quæ
the disease. Nor does it behove him to be ignorant what
 sit natura ægri; (an) corpus
may be the nature of the sick (person); (whether) the body
 ejus sit magis humidum, an siccum; (an)
of him may be more humid, or dry; (whether)
 nervi validi an infirmi; (an) adversa
the nerves (may be) strong or weak; (whether) adverse
 valetudo frequens an rara; que (an) ea,
health (be) frequent or uncommon; and (whether) it
 cum est, solæat esse vehemens
(ill-health), when it is, may be-accustomed to be violent,
 an levis; brevis an longa; quod genus vitæ is
or light; short or long; what kind of life he
 secutus-sit, (an) laboriosum an quietum; cum
may have-followed, (whether) laborious or quiet; with
 luxu, an cum frugalitate. Enim ex his,
luxury, or with frugality. For out-of these (things),

que similibus, nova ratio curandi est sæpe
and the like, a new reason (rule) of treating is often
 ducenda.
to be-led (derived).

5 Quamvis ne-quidem hæc debent præteriri
Although not-even these (things) ought to be-passed-over
 sic, quasi recipiant nullam controversiam.
so, as-if they may-receive (admit) no dispute.
 Nam et Erasistrātus dixit morbos non
For and (both) Erasistratus has said diseases not
 fieri ex his; quoniam et
to be-made out-of these (things); because and (both)
 alii, et iidem alias,
others, and the same (persons) at-another-time.
 febricitarent non post ista: et
might be sick-from-fever not after those (things): and
 quidam medici nostri sæculi, sub Themisone
some physicians of our age, under Themison (as their)
 auctore, ut ipsi volunt videri, contendunt, notitiam
author, as they wish (it) to seem, contend, the knowledge
 nullius causæ pertinere quidquam ad curationes; que
of no cause to pertain any (thing) to treatments; and
 esse satis intueri quædam communia
to be enough to look-to (consider) some common
 morborum. Siquidem esse tria
(affinities) of diseases. Since-that to be (there is) three
 genera horum, unum adstrictum, alterum, fluens,
kinds of these, the one bound (constipated), another flowing,
 tertium mixtum. Nam modo ægros
the third mixed. For (they say) now (sometimes) the sick
 excernere parum, modo nimium; modo
to evacuate too-little, now (sometimes) too-much; now
 parum alia parte, nimium
(sometimes) too-little in another (in one) part, too-much
 alia. Autem hæc genera morborum, esse modo
in another. But these kinds of diseases to be now

acuta, modo longa; et modo increſcere modo conſiſtere,
acute, now long; and now to increaſe now to ſtand ſtill,
 modo minui. Igitur eo cognito, quod
now to be diminished. Therefore that being-known, which
 ex his eſt, ſi corpus eſt adſtrictum, eſſe
out-of theſe it is, if the body is bound, to be
 digerendum; ſi laborat
to be-digeſted (it ought to be relaxed); if it labours (is afflicted)
 profluviſ, continendum; ſi habet mixtum
with looſeneſs, (it is) to be-reſtrained; if it has a mixed
 vitium, occurrendum ſubinde
viciſſe (complaint), (it is) to be met (we muſt oppoſe) forthwith
 vehementiori malo. Et medendum
to the more-violent evil. And (it is) to be-cured (we ought
 aliter acutis morbis, aliter
to treat) otherwiſe (differently) to acute diſeaſes, otherwiſe
 vetuſtis; aliter increſcentibus, aliter
to old (chronic); otherwiſe to increaſing (diſeaſes), otherwiſe
 ſubſiſtentibus, aliter jam
(to thoſe) ſtanding-ſtill, otherwiſe (to thoſe) already
 inclinatis ad ſanitatē. Observationem
inclined to health. (They maintain) the obſervation
 horum eſſe medicinam; quam finiunt
of theſe (things) to be medicine; which they finiſh (define)
 ita, ut contendant eſſe quaſi quandam viam
ſo, as they may contend (it) to be as-if a certain way,
 quam Græci nominant μέθοδον (methōdon), quæ
which the Greeks name method, and
 contemplatricem eorum quæ ſunt communia in
the contemplatrix of thoſe (things) which are common in
 morbis. Ac volunt ſe adnumerari
diſeaſes. And they wiſh themſelves to be-numbered-to
 neque rationalibus, neque tantum
neither to the rationalſ (dogmatics), nor (to thoſe) only
 ſpectantibus experimenta: cum diſſentiant
looking-to experiments: when (ſince) they may diſagree
 ab illis eo nomine quod
from thoſe (former) in this name (reſpect), becauſe

nolunt medicinam esse in conjectura
they are-unwilling medicine to be (consist) in the conjecture
 latentium rerum; ab his eo, quod
of hidden things; from these (latter) in this, because
 credunt parum artis esse in observatione
they believe little of art to be in the observation
 experimentorum. Quod pertinet ad Erasistratum, primum
of experiments. What pertains to Erasistratus, first

evidentiā ipsa repugnat opinioni ejus; quia
evidence itself opposes to the opinion of him; because
 morbus venit raro, nisi post aliquid horum
disease comes seldom, unless after some (thing) of these

Deinde, sequitur non, ut, quod
(things). Afterwards (secondly), it follows not, that, what
 afficit non alium, aut eundem
affects not another (person), or the same (person)
 alias, id ne-quidem nocēat altēri, aut
at-another-time, that not-even may hurt to another, or
 eidem alio tempore. Enim quædam
to the same (person) in another time. For some

possunt subesse corpōri, vel
(things) are-able to be-under (to lurk) to the body, either
 ex infirmitate ejus, vel ex aliquo affectu, quæ
out-of the weakness of it, or out-of some affection, which

sunt non vel in alio, vel fuerunt non in
(things) are not either in another, or have been not in

hoc alias; que ea non
this (person) at-another-time; and these (may be) not

tanta per se, ut concitent morbum,
so-great by themselves, that they may excite disease,

tamen efficiant corpus magis obnoxium aliis
yet they may render the body more liable to other

injuriiis. Quod-si comprehendisset satis,
injuries. But-if he-might-have-comprehended enough,

contemplationem naturæ rerum, quod medici
the contemplation of the nature of those, which physicians

vindicant temere sibi, etiam scisset
claim rashly to themselves, also he would have known

illud, nihil omnino fieri ob unam
that (this), nothing at-all to be-made on-account-of one
 causam, sed id apprehendi pro
cause, but that to be taken-hold-of (understood) for

causa, quod videtur contulisse
the cause, which seems to have conferred (contributed)

plurimum. Autem id potest non movere, dum
most. But that is able not to move (affect), while

est solum, quod junctum aliis movet
it is alone, which being-joined to other (things) moves

maxime. Accedit ad hæc,
(affects) most. There accedes (is added) to these (things),

quod ne-quidem Erasistrātus ipse repērit, qui
what not-even Erasistratus himself has discovered, who

dicit febrem fieri sanguine transfuso in
says fever to be-made the blood being transfused into

arterias, que id incidere corpore repleto
the arteries, and that to happen the body being-filled

nimis, cur ex duobus æque
(plethoric) too-much, why out-of two (persons) equally

repletis, alter incidēret in morbum,
filled (plethoric), the other (one) might-fall into disease,

alter vacaret omni pericūlo; quod apparet
the other might-be-void from all danger; which appears

fieri quotidie. Ex quo potest disci,
to be done daily. Out-of which it-is-able to be-learned,

ut illa transfusio sit vera, tamen
that (although) that transfusion may be true (real), yet

illam non fieri per se, cum corpus est plenum,
that not to be-made by itself, when the body is full,

sed cum aliquid horum accesserit.
but when some (thing) of these (things) may have-acceded

Vero æmuli Themisonis, si
(been added). But the rivals (followers) of Themison, if

habent perpetua quæ promittunt,
they have (hold) perpetual (the things) which they promise,

sunt etiam magis rationales, quam ulli.
are also (even) more rationals (dogmatics), than any.

Enim neque, si quis tenet non omnia,
For neither, if any-one holds not all (the principles or
tenets), quæ aliūs rationalis probat,
which another rational (dogmatic) approves,
 indiget aliō novo nomīne artis; si modo,
is-there-need 'with another new name of art; if only,
 quod est primum, insistit non
which is the first (chief thing), he stands-on (rests-on) not
 memoriæ soli, sed quoque rationi. Sin, quod
to memory alone, but also to reason. But-if, which
 est proprius vero, medicinalis ars recipit
is nearer to true (truth), the medicinal art receives
 vix ulla præcepta perpetua, sunt
(admits) scarcely any precepts perpetual, they are
 idem, quod ii, quos experimenta sola
the same, which those (are), whom experiments alone
 sustinent: eo magis, quoniam, quilibet
sustain: by this the more, because, any (person)
 etiam imperitissimus, videt, (an) morbus
also (even) the most unskilful, sees, (whether) a disease
 compresserit, an fuderit
may have-compressed (bound), or may have-poured (relaxed)
 aliquem: autem si tractum-est à ratione,
some (person): but if it has-been-drawn from reason,
 quid resolvat compressum, quid teneat
what may relax the compressed, what may hold (restrain)
 solutum corpus, medicus est rationalis;
the loosed (relaxed) body, the physican is rational
 si, ab experientia, ut est necesse
(dogmatic); if, from experience, as it is necessary
 ei confiteri, qui negat se
to him to confess, who denies himself (says that he is not)
 rationalem, empiricus. Ita apud
a rational (dogmatic), (he is) an empiric. Thus with
 eum cognitio morbi est
him (according to this latter) the knowledge of a disease is
 extra artem, medicina est intra
without (beyond) art, medicine is within (limited to)

usum. Neque est quidquam adjectum
experience. Neither is any (thing) added (by these last)
 professioni empiricorum, sed est
to the profession of the empirics, but (something) is
 demptum; quoniam illi circumspiciunt
taken-away; because those (the empirics) look-around-on
 multa, hi tantum facillima, et
many (things), these (regard) only the most-easy, and
 non plus quam vulgaria. Nam et
not more than common (things). For and (even)
 ii, qui medentur pecoribus et jumentis, cum
those, who cure to cattle and to labouring-beasts when
 possint non nosse ex
(since) they may-be-able not to have-known out-of (from)
 mutis animalibus propria cujusque,
dumb animals the proper (things or peculiarities) of each,
 insistunt tantummodo communibus:
stand-on (rely-on) only to common (things or gene-
 ralities): et extræ nationes, cum
and foreign nations, when (since)
 novērunt non subtilem rationem
they may have-known not a fine reason (knowledge)
 medicinæ, tantum vident communia: et
of medicine, only see common (things): and (those)
 qui nutriunt ampla valetudinaria, confugiunt
who nourish (attend-on) spacious hospitals, flee
 ad ista communia quia sustinent non
to those common (things) because they sustain not
 consulere singulis summa cura. Neque,
to consult for each with the highest care. Neither,
 hercules, antiqui medici nescierunt istud,
by Hercules, the ancient physicians have-not-known that,
 sed fuerunt non contenti his. Ergo
but they have-been not content with these. Therefore
 etiam vetustissimus auctor Hippocrâtes dixit
even the most-ancient author Hippocrates has said (it)
 oportere mederi intuentem et
to behoove (the physician) to cure regarding and (both)

communia, et propria.
common (things-generalities), *and proper* (peculiar things).
 Ac ne-quidem isti ipsi possunt
And not-even those (methodics) *themselves are-able*
 consistere ullo modo intra suam
to stand (abide) *in any manner within their-own*
 professionem : siquidem sunt diversa genera
profession (principle) : *since-that there are different kinds*
 et compressorum et fluentium
and (both) *of compressed* (bound) *and of flowing*
 morborum ; que id potest inspicere facilius
diseases ; and that is-able to be perceived more-easily
 in iis, quæ fluunt. Enim est
in those, which flow (suffer from flux). *For it is*
 aliud vomere sanguinem, aliud bilem,
another (thing) *to vomit blood,* *another* (to vomit) *bile,*
 aliud cibum ; aliud laborare
another (to vomit) *food ; another* (thing) *to labour* (suffer)
 dejectionibus ; aliud torminibus ;
by loosenesses (diarrhoea) ; *another by gripings* (dysenteries) ;
 aliud digeri sudore, aliud
another (thing) *to be-digested* (wasted) *by sweat,* *another*
 consumi tabe. Atque quoque humor
to be consumed by consumption. *And also the humour*
 erumpit in partes, ut oculos, que
bursts-forth into (certain) *parts, as the eyes, and*
 aures : quo periculo nullum humanum membrum
the ears : from which danger no human member
 vacat. Autem nihil horum curatur sic
is-free. *But nothing of these* (things) *is-treated so*
 ut aliud. Ita protinus in his medicina
as another. *Thus immediately in these* (cases) *medicine*
 descendit a communi contemplatione
descends from the common (general) *consideration*
 fluentis morbi ad propriam. Atque
of a flowing disease to the proper (peculiar). *And*
 quoque in hac rursus alia notitia proprietatis
also in this again another knowledge of peculiarity

est sæpe necessaria, quia eādem
is often necessary, because the same (things)
 opitulantur non omnibus, etiā in similibus casibus.
aid not to all, even in like accidents.

Siquidem sunt quædam certæ res quæ aut
Since-that there are some sure things which either
 adstringunt, aut resolvunt ventrem in pluribus:
bind, or relax the belly in more (the greater

tamen inveniuntur, in quibus
number of persons): yet (some) are-found, in whom
 idem eveniat aliter, atque in cæteris.
the same may happen otherwise, and (than) in the rest.

Ergo in his inspectio communium est
Therefore in these the inspection of common (things) is
 contraria propriorum
contrary (injurious) (the inspection) of proper (peculiar
 tantum salutaris. Et quoque æstimatio
things) only salutary. And also the computation

causæ sæpe solvit
(knowledge) of the cause often looses (removes)

morbū. Ergo etiā ingeniosissimus medicus
the disease. Therefore also the most-ingenuous physician

nostri sæculi, quem vidimus, Cassius, ingessit
of our age, whom we have seen, Cassius, poured-in

frigidam aquam cuidam febricitanti, et
cold water to a certain (person) being-in-fever, and

affecto magna siti, cum cognosset
being-affected with great thirst, when he might have known

eum cœpisse premi post
him to have-begun to be pressed (oppressed) after

ebrietatem. Qua epota cum ille
drunkenness. Which being drunk-up when he

fregisset vim vini miscendo,
might have-broken the force of the wine by mixing (it),

protinus exussit febrem somno
immediately he shook-off (dissipated) the fever by sleep

et sudore. Quod auxilium medicus providit
and by sweat. Which aid the physician foresaw

opportune, non ex eo, quod corpus erat
seasonably, not out-of this, because the body was
 aut adstrictum, aut fluebat; sed ex
either bound, or did flow (was relaxed); but out-of
 causa, quæ præcesserat ante. Que est
the cause, which had preceded before. And there is
 etiam aliquid proprium et loci
also something proper (peculiar) and (both) of place
 et temporis, quoque istis auctoribus:
and of time, also to those authors (the methodics):
 qui, cum disputant quemadmodum sit
who, when they argue in-what-manner it may-be
 agendum sanis hominibus, præcipiunt, ut
to be acted to (by) healthy men, advise, that
 aut gravibus locis aut temporibus,
either in heavy (unhealthy) places or times,
 frigus vitetur magis, æstus, satiëtas,
cold may (should)-be-avoided more, heat, satiety,
 labor, libido; que ut conquiescat magis in
labour, lust; and that he may rest more in
 iisdem locis aut temporibus, si quis sentit
the same places or times, if any (person) feels
 gravitatem corporis; ac neque sollicitet stomachum
heaviness of body; and neither may disturb the stomach
 vomitu, neque alvum purgatione. Quæ
by a vomit, nor the belly by a purge. Which (things)
 quidem sunt vera; tamen descendunt a
indeed are true; yet they descend from
 communibus ad quædam propria.
common (things) to some proper (peculiar things).
 Nisi volunt persuadere nobis, esse
Unless they wish to persuade to us, to be (that it is)
 considerandum sanis quidem, quod sit
to be considered to (by) the healthy indeed, what may be
 cælum, quod tempus anni, vero
the heaven (weather), what the time of the year, but
 non esse ægris; quibus omnis
not to be (considered) to (by) the sick; to whom every

observatio est tanto magis necessaria, quanto
observation is by so much the more necessary, by-how-much
 infirmitas est magis obnoxia offensis. Quin etiam
weakness is more liable to injuries. But also
 sunt aliae atque aliae proprietates
there are other and other (different) peculiarities
 morborum in iisdem hominibus; et
of diseases in the same men; and (the person)
 qui curatus-est frustra aliquando secundis
who has been-treated in-vain sometimes with favourable
 saepe restituitur contrariis. Que plurima
(things) often is restored by the contraries. And very-many
 discrimina reperiuntur in cibo dando :
differences are-found in food to be given (in giving food) :
 ex quibus ero contentus uno. Nam
out-of which I shall be content with one. For
 adolescens sustinet famem facilius, quam
a young-man sustains hunger more-easily, than
 puer; facilius in denso cœlo, quam
a boy; more-easily in a thick heaven (atmosphere), than,
 in tenui; facilius hieme, quam aestate;
in a thin; more-easily in winter, than in summer ;
 facilius assuetus uno cibo, quam
more-easily being-accustomed with one food (repast), than
 prandio quoque; inexercitatus,
with dinner (a second meal) also ; an unexercised,
 facilius quam exercitatus homo. Autem saepe
more-easily than an exercised man. But often
 festinatio cibi est magis necessaria in eo,
a hastening of food is more necessary in him,
 qui tolerat inediam minus. Ob quæ
who supports fasting less. On-account-of which
 conjicio, eum, qui novit
(things) I cast-together (conjecture), him, who has known
 non propria, debere intueri
not proper (peculiar things), to owe (that he ought) to regard

tantum communia ; que oportere eum
only common (things-generalities); and to behove him

qui potest nosse propria non
who is-able to have-known proper (peculiar things) not

quidem negligere illa, sed quoque insistere
indeed, to neglect those (former), but also to stand-on

his. Que idēo,
(to rely on) to these (latter). And on-that-account,

cum scientia sit par, tamen amicum
(even) when the knowledge may-be equal, yet a friend

esse utiliore[m] medicum, quam extraneum.
to be a more-useful physician, than a strange (person).

Igitur, ut redeam ad meum propositum,
Therefore, that I may return to my purpose,

puto medicinam debere quidem esse rationalem :
I think medicine to owe (ought) indeed to be rational :

vero instrui ab evidentibus causis ;
but to be-arranged (guided) by evident causes ;

omnibus obscuris rejectis, non a
all obscure (causes) being rejected not from

cogitatione artificis, sed ab arte ipsa.
the consideration of the artist, but from the art itself.

Autem incidere corpora vivorum est
But to cut (dissect) the bodies of alive (persons) is

et crudele et supervacuum :
and (both) cruel and superfluous : (the dissection)

mortuorum necessarium discentibus. Nam
of the dead (is) necessary (to those) learning. For

debent nosse positum et ordinem :
they ought to have known the position and the arrangement :

quæ cadavera repræsentant melius, quam
which (things) corpses represent better, than

vivus et vulneratus homo. Sed et usus
an alive and wounded man. But and practice

ipse monstrabit cætera, quæ possunt modo
itself will point-out other (things), which are-able only

cognosci in vivis, in curationibus
to be known (learned) in (those) alive, in the treatments
 ipsis vulneratorum paulo tardius, sed
themselves of the wounded by a little more-slowly, but
 aliquanto mitius.
by somewhat more-mildly.

6 His propositis, dicam primum,
These (things) being-proposed, I shall say first,
 quemadmodum conveniat sanos agere: tum
in-what-manner it may-be-fit (for) the healthy to act: then
 transibo ad ea, quæ pertinebunt ad
I shall-go-over to those (things), which will pertain to
 morbos; que curationes eorum.
diseases, and the treatments of them.

I. Sanus homo, et qui valet bene, et
The healthy man, and who is-in-health well, and
 est suæ-spontis, debet obligare
is of his own-accord (independent), ought to bind
 se nullis legibus; ac neque egere
himself by no laws; and neither to need
 medico, neque iatralipta. Oportet
with a physician, nor with an unction-doctor. It behoves
 hunc habere varium genus vitæ;
this (person) to have a various (varied) kind of life;
 modo esse ruri, modo in urbe, que
now to be in the country, now in the city, and
 sæpius in agro; navigare, venari, interdum
more-often in the field; to sail, to hunt, sometimes
 quiescere, sed frequentius exercere se:
to rest, but more-frequently to exercise himself:
 siquidem ignavia hebetat corpus, labor
since-that idleness makes-dull the body, labour
 firmat; illa reddit senectutem maturam,
strengthens (it); that (former) renders old-age ripe
 hic adolescentiam longam.
(premature), this (latter renders) youth long.
 Etiam prodest interdum uti balnæo,
Also it-profits sometimes to use with a bath,

interdum uti frigīdis aquis ; modo ungi, modo
sometimes to use with cold waters ; now to be-anointed, now
negligēre id ipsum ; fugēre nullum genus
to neglect that (thing) itself ; to flee (avoid) no kind
cibi quo populus utatur ; interdum esse in
of food with which the people may use ; sometimes to be in
convictu, interdum retrahere se ab eo, modo
a feast, sometimes to withdraw himself from it, now
assumere plus justo, modo non amplius ;
to take more than just (enough), now not more ;
capere cibum bis die, potius quam semel, et
to take food twice in the day, rather than once, and
semper quam-plurimum, dummodo concōquat
always as-much-as-possible, provided-that he may concoct
hunc. Sed ut exercitationes que cibi hujus generis
this. But as exercises and foods of this kind
sunt necessariī ; sic athletici
are necessary ; so (those) belonging-to-athletes (are)
supervacūi. Nam et ordo exercitationis
superfluous. For and (also) the arrangement of the exercise
intermissus, propter aliquas civiles necessitates,
being-intermitted, on-account-of some civil necessities,
affligit corpus ; et ea corpōra quæ sunt repleta
afflicts the body ; and those bodies which are filled
more eorum, et senescunt, et ægrotant
in the manner of them, and (both) grow-old, and become-sick
celerrime. Vero concubitus est neque nimis
most-quickly. But concubition is neither too-much
concupiscendus, neque nimis pertimescendus ;
to be-coneted, nor too-much to be-feared (shunned) ;
rarus, excitat corpus ; frequens,
(being) rare, it excites (animates) the body ; (being) frequent,
solvit. Autem cum sit non frequens
it relaxes (it). But when it may be not frequent
numēro, sed natura, ratione
in number, but by the nature, by the reason (calculation)
ætatis et corpōris, licet scire eum
of the age and of the body, it-is-lawful to know that

non esse inutilem quem neque
 (connexion) *not to be useless (injurious) which neither*
 languor neque dolor corporis sequitur. Idem est
languor nor pain of the body follows. The same is
 pejor interdū, tutior noctu; tamen ita, si neque
worse in-the-day-time, safer by night; yet so, if neither
 cibus sequitur statim illum, neque labor
food follows immediately that (former), nor labour
 cum vigilia hunc. Hæc sunt servanda
with watching this (latter). These (things) are to-be-kept
 firmis; que cavendum,
 (observed) *to (by) the strong; and (it is) to-be-guarded-against,*
 ne in secunda valetudine, præsidia adversæ
lest in prosperous health, the safeguards of adverse
 consumantur.
 (bad health) *may-be-consumed.*

II. At major observatio est necessaria imbecillis, in
But greater observation is necessary to the weak, in
 quo numero sunt magna pars urbanorum,
which number are a great part (of those) belonging-to-cities,
 que pœne omnes cupidi literarum; ut
and almost all (those) desirous of letters (literature); that
 cura restituat quod ratio vel corporis,
care may restore what the reason (nature) either of the body,
 vel loci, vel studii detrahit. Igitur
or of the place, or of the study withdraws. Therefore
 ex his, qui concoxit bene, surget tuto
out-of those, (he) who has concocted well, will rise safely
 mane; qui parum, debet
in-the-morning; who (has concocted) too-little, ought
 quiescere, et si necessitas surgendi mane
to rest, and if a necessity of rising in the morning
 fuerit redormire: qui concoxit
may-have-been (he ought) to sleep-again: who has concocted
 non conquiescere ex toto, ac
not (ought) to rest out-of whole (entirely), and
 neque credere se labori neque
neither to believe (trust) himself to labour nor

exercitationi, neque negotiis. Qui ructat crudum
to exercise, nor to businesses. Who belches crude
 sine dolore præcordiorum, is bibere frigidam
without pain of the præcordia, he (ought) to drink cold
 aquam ex intervallo, et nihilominus
water out-of an interval (at intervals), and nevertheless
 continere se. Vero
to contain himself (to keep himself quiet). But (he ought)
 habitare lucido ædificio, habente perflatum
to dwell in a light building, having the breeze
 æstivum, hibernum solem; cavere
belonging-to-summer, the wintry sun; to beware-of
 meridianum-solem, frigus matutinum et
the mid-day-sun, the cold belonging-to-morning and
 vespertinum, que item auras fluminum atque
belonging-to-the-evening, and also the airs of rivers and
 stagnorum: que minime committere se
of pools: and least (of all) to commit (expose) himself
 soli aperiendi, ne modo
to the sun opening (showing himself at intervals), lest now
 frigus, modo calor movëat; quæ res
the cold, now the heat may move (affect him); which thing
 maxime concitat gravedines que
most excites heavinesses (of the head) and
 destillationes. Vero ista
droppings (of the nose as in colds). But those (things)
 sunt magis servanda gravibus
are more to be-kept (observed) in heavy (unhealthy)
 locis, in quibus etiam faciunt pestilentiam. Autem
places, in which even they make pestilence. But
 licet scire corpus esse intëgrum, cum quotidie
it-is-lawful to know the body to be sound, when daily
 mane urina est alba, dein rufa; illud
in-the-morning the urine is white, then reddish; that
 significat concoquere,
(former) signifies to concoct (that concoction is operating);
 hoc concoxisse. Ubi
this (latter) to have-concocted (that it has terminated). When

aliquis experrectus-est, intermittere paulum :
any-one has awoke, (he ought) to discontinue a little :
 deinde, nisi est hiems, debet fovere
afterwards, unless it is winter, he ought to cherish (wash)
 os multa frigida aqua. Longis diebus
the mouth with much cold water. In the long days
 meridiari potius
(he ought) to-sleep-at-noon (Anglice—take a nap) rather
 ante cibum; sin-minus, post eum: per hiemem,
before food; but-if-not, after it: through winter,
 potissimum conquiescere totis noctibus.
especially to rest in whole nights (the entire night).
 Sin est lucubrandum, facere id non
But-if it is to-be-studied-by-candle-light, to do that not
 post cibum, sed post concoctionem. Huic,
after food, but after concoction. To (by) this (person),
 quem vel domestica vel civilia officia tenuerunt
whom either domestic or civil duties have held (occupied)
 interdū, aliquod tempus est servandum
in-the-day-time, some time is to be kept
 curationi sui corporis. Autem prima curatio
to the treatment of his body. But the first treatment
 ejus est exercitatio, quæ debet semper antecedere
of it is exercise, which ought always to precede
 cibum: amplior in eo qui laboravit minus,
food: more ample in him who has laboured less (little),
 et concoxit bene; remissior, in eo
and has concocted well; more remiss (moderate), in him
 qui est fatigatus, et concoxit minus. Vero
who is fatigued, and has concocted less. But
 clara lectio, arma, pila, cursus, ambulatio,
clear (loud) reading, arms, the ball, running, walking,
 exercent commode; atque hæc utique non plana,
exercise conveniently; and this (latter) truly not level,
 est commodior; siquidem ascensus
is more-convenient (more advantageous); since-that ascent
 quoque et descensus cum quadam varietate moveat
also and descent with a certain variation may move

corpus melius, nisi tamen id est
 (exercise) *the body better, unless however that is*
 perquam imbecillum. Autem est melior sub-divo,
very weak. But it is better under-the-open-air,
 quam in porticu; melior, si caput patitur
than in a portico; better, if the head suffers (allows it),
 in sole, quam in umbra; melior in umbra,
in the sun, than in the shade; better in a shade,
 quam parietes aut viridïa efficiunt, quam
which walls or shrubberies make, than (that)
 quæ subest tecto; recta melior quam
which is-under to a roof; straight (walking is) better than
 flexuosa. Autem sudor debet plerumque esse
winding. But sweat ought for-the most-part to be
 finis exercitationis, aut certe lassitudo, quæ
the end of exercise, or certainly a lassitude, which
 sit citra fatigationem; que
may be on-this-side (not amounting to) fatigue; and
 id ipsum est faciendum modo magis, modo
that (thing) itself is to be done now more, now
 minus. Ac ne-quidem his debet esse
less. And not even to these (things) there ought to be
 vel certa lex, vel immodicus labor,
either a certain law (fixed rule), or immoderate labour,
 exemplo athletarum. Modo unctio,
by the example (after the manner) of athletes. Now anointing,
 vel in sole, vel ad ignem, recte sequitur
either in the sun, or at the fire, rightly follows
 exercitationem; modo balnëum, sed conclavi
exercise; now a bath, but in a chamber
 quam-maximè et alto, et lucido, et
as-much-as-possible and (both) high, and light, and
 spatioso. Vero oportet neutrum ex his fieri
spacious. But it behoves neither out-of these to-be-done
 semper; sed sæpius alterũtrum, pro
always; but very-often one-or-the-other, according-to
 natura corpõris. Post hæc est opus
the nature of the body. After these (things) it is necessary

conquiescēre paulum. Ubi ventum-est ad cibum,
to rest a little. When it has-been-come to food,
 nimia satiētas est nunquam utilis; sæpe nimia
too-much satiety is never useful; often too-much
 abstinentia inutilis; si qua intemperantia
abstinence (is) useless (injurious); if any intemperance
 subest, est tutior in potione,
is-under (about-to-be-indulged-in), it is safer in drinking,
 quam in esca. Cibus incipit melius a salsamentis,
than in meat. Food begins better from salt-meats,
 oleribus, que similibus rebus; tum caro est assumenda,
pot-herbs, and the like things; then flesh is to be taken,
 quæ est assa aut elixa optima. Omnia
(that) which is roasted or boiled (is) best. All
 condita sunt inutilia de duabus causis;
seasoned (things) are useless (injurious) from two causes;
 quoniam et plus assumitur propter
because both more (too-much) is-taken on-account-of
 dulcedinem, et quod est modo par,
(their) sweetness, and what is only equal (in moderation),
 tamen concoquitur ægrius. Secunda mensa
yet is concocted more-difficultly. The second table
 nocet nihil bono stomacho,
(the dessert) hurts nothing to a good stomach,
 coacescit in imbecillo. Itaque si
it-becomes-sour in the weak (stomach). Therefore if
 quis valet parum hoc, assumit melius
any (person) is strong little in this, he takes better
 palmulas, que poma, et similia primo
dates, and apples, and the like (things) in the first
 cibo. Post multas
food (at the commencement of the repast). After many
 potiones, quæ excesserunt aliquantum sitim,
drinkings, which have exceeded somewhat thirst,
 nihil est edendum: post satietatem, nihil
nothing is to-be-eaten: after satiety, nothing (is)
 agendum. Ubi aliquis est expletus, concoquit
to-be-done. When some (person) is filled, he concocts

facilius, si includit quidquid assumsit
more-easily, if he concludes whatever he has-taken
potione frigidae aquae, tum invigilat
with the drinking of cold water, then watches
paulisper, deinde dormit bene. Si quis
a little-while, afterwards sleeps well. If any (person)
implevit se interdū, debet committere
has-filled himself in-the-day-time, he ought to commit(expose)
se post cibum neque frigori, neque aestui,
himself after food neither to cold, nor to heat,
neque labori: enim neque hæc nocent tam
nor to labour: for neither these (things) hurt so
facile inani corpore, quam repleto. Si,
easily in an empty body, as in a full (body). If,
de quibus causis, inedia est futura, omnis
from any causes, fasting is about-to-be, every
labor est vitandus.
labour is to be-avoided.

III. *Atque hæc quidem sunt pœne perpetua.*
And these (things) indeed are almost perpetual.

Autem et novæ res, et genera corporum,
But and (also) new things, and kinds of bodies,
et sexus, et ætates, et tempora anni desiderant
and sexes, and ages, and times of year require
quasdam observationes. Nam neque transitus ex
some observations. For neither a transition out-of
alubri loco in gravem, neque
a healthy place into a heavy (unhealthy place), nor
ex gravi in salubrem est
out-of a heavy (unhealthy) into a healthy (place) is
satis tutus. Est melius transire ex
sufficiently safe. It-is better to go over out-of
salubri in gravem, prima hieme;
a healthy into a heavy (unhealthy place), in first winter
ex gravi
(at the commencement of winter); out-of a heavy (un-
healthy place) into that which is healthy, in first

æstate. Vero neque
summer (at the commencement of summer). But neither
 nimia satiētas est idonea ex multa fame;
too-much satiety is proper out-of (after) much hunger;
 neque fames ex nimia satietate. Que
nor hunger out-of (after) too-much satiety. And
 periclitatur et qui assumit cibum incontinentem semel,
he risks both who takes food immoderately once,
 et qui bis die, contra consuetudinem.
and who (takes it) twice in the day, contrary-to custom.
 Item, neque subitum otium ex nimio labore,
Also, neither sudden ease out-of (after) too-much labour,
 neque subitus labor ex nimio otio, est
nor sudden labour out-of (after) too-much ease, is
 sine gravi noxa. Ergo, cum quis volet
without heavy injury. Then, when any (person) shall wish
 mutare aliquid, debet assuescere
to change some (thing), he will-ought to accustom (himself)
 paulatim. Etiam vel puer vel senex
by-little-and-little. Also either a boy or an old-man
 sustinet omnem laborem facilius quam insuetus homo.
sustains every labour more-easily than an unaccustomed man.
 Atque idē quoque nimis-otiosa vita est non utilis;
And on-that-account also a too-idle life is not useful;
 quia necessitas laboris potest incidere. Tamen si
because the necessity of labour is-able to happen. Yet if
 quis insuetus quando laboravit, aut
any unaccustomed (person) at-any time has laboured, or
 si etiā is qui assuevit multo
if even he who has accustomed (has laboured) by much
 plus, quam solet, est dormiendum huic
more, than he is-accustomed, it is to be slept to
 (by) this (person) jejuno; multo plus, si etiā
(by) this (person) fasting; by much more, if also,
 os est amarum, vel oculi caligant, aut venter
the mouth is bitter, or the eyes are-dim, or the belly
 perturbatur. Enim tum non tantummodo dormiendum
is-disturbed. For then not only (it is) to be slept

jejuno, sed etiā permanendum in postērum
 (by him) *fasting, but also to be-remained into the following*
 diem, nisi quies cito sustulit id. Quod-si
 day, *unless rest quickly withdrawn that. But-if (that)*
 factum-est oportet surgere, et ambulare lente
has been-done, it behoves (him) to rise, and to walk slowly
 paululum. At si fuit non necessitas somni,
very-little. But if there has-been not a necessity of sleep,
 quia aliquis laboravit magis modice, tamen
because some (person) has laboured more moderately, yet
 debet ingredi aliquid eodem modo.
he-ought to enter-on some (thing) in the same manner.
 Deinde sunt communia omnibus sumpturis
Afterwards there are common (rules) to all about-to-take
 cibum post fatigationem; ubi ambulaverunt paulum, si
food after fatigue; when they have-walked a little, if
 est non balneum, ungi, atque sudare calido
there is not a bath, to be-anointed, and to sweat in a hot
 loco, vel in sole, vel ad ignem; si est
place, or in the sun, or at the fire; if there is (a bath)
 ante omnia sedere in tepidario; deinde,
before all (things) to sit in the tepidarium; afterwards,
 ubi conquieverunt paulum, intrare et descendere in
when they have-rested a little, to enter and to descend into
 solium; tum ungi multo oleo, que
the bath; then to be-anointed with much oil, and
 perfricari leniter; iterum descendere in solium:
to be-rubbed-over gently; again to descend into the bath:
 post hæc, fovere os calida
after these (things), to cherish (wash) the mouth with warm
 aqua, deinde frigida. Fervens balneum est non
water, afterwards with cold. A hot bath is not
 idoneum his. Ergo si est pæne febris
proper to these. Therefore if there-is almost fever
 alicui fatigato nimium, est abunde
to some (person) being-fatigued too-much, it is abundantly
 huic, demittere se tepido loco tenus
to this (person), to lower himself in tepid place as-far-as

inguinibus in calidam aquam, cui paulum olēi
the private-parts into warm water, to which a little of oil
 adjectum-sit; deinde perfricare leniter
may have-been-added; afterwards to rub-over gently
 totum corpus quidem, tamen maxime eas partes
the whole body indeed, yet mostly those parts
 quæ fuerunt in aqua, ex olēo, cui
which have been in the water, out-of (with) oil, to which
 vinum et paulum contriti salis
wine and a little of rubbed (powdered) salt
 adjectum-sit. Post hæc, est aptum
may have-been-added. After these (things), it is fit
 omnibus fatigatis, sumere cibum, que
to all (persons) being-fatigued, to take food, and
 uti eo humido; esse contentos aqua,
to use with it moist; to be content with water,
 vel certe diluta potione; que maxime
or certainly with diluted drink; and mostly
 ea quæ movēat
(especially) with that, which may move (promote)
 urinam. Quoque oportet nosse illud,
urine. Also it behoves to have known that (this),
 quod frigida potio est perniciosissima
that cold drink is most pernicious (to a person)
 sudanti ex labore; atque etiam, cum
sweating out-of (after) labour; and also, when
 sudor remisit, inutilis
the sweat has remitted (abated), (it is) useless (injurious)
 fatigatis itinere. Asclepiades quoque
to (those) fatigued by a journey. Asclepiades also
 judicavit eam inutilem venientibus a
has judged it useless (injurious) to (those) coming from
 balneo: quod est verum in iis quibus alvus
a bath: which is true in those to whom the belly
 resolvitur facile, nec tuto, que qui facile
is relaxed easily, nor (and not) safely, and who easily
 inhorrescunt: est non perpetuum in
shiver: it is not perpetual (a general rule) in

omnibus, cum sit potius naturale,
all, when (since) it may be rather natural,
 æstuantem stomachum refrigerari potione.
(for) a scorching (heated) stomach to be cooled by drink.
 Quod præcipio ita, ut tamen fatear,
Which I advise so, that yet I may confess,
 ne-quidem ex hac causa esse bibendum
not-even out-of (from) this cause to be to be-drunk
 sudanti adhuc.
(that it ought to be drunk) to (by a person) sweating as-yet.
 Etiam vomitus solet prodesse post varium
Also a vomit is-accustomed to profit after various
 cibum, que frequentes dilutas potiones, et
food, and frequent diluted drinks, and
 postëro die longa quies, deinde modica
on the following day long rest, afterwards moderate
 exercitatio. Si assidua fatigatio urget, modo aqua,
exercise. If constant fatigue oppresses, now water,
 modo vinum est bibendum invicem, que
now wine is to be drunk alternately, and (it is)
 utendum raro balneo. Etiam
to be used (one should use) with rare bath. Also
 mutatio laboris levat fatigationem; que id,
a change of labour lightens fatigue; and that,
 quod est in consuetudine reficit eum
which is in custom repairs (recruits) him
 quem novum genus ejusdem laboris pressit.
whom a new kind of the same labour has pressed.
 Quotidianum cubile est tutissimum
The daily (customary) bed is most safe (to a person)
 fatigato. Enim quod est contra
being-fatigued. For (that) which is contrary-to
 consuetudinem, seu molle, seu durum, lassat.
custom, whether soft, or hard, wearies.
 Quædam pertinent propriè ad eum,
Some (things) pertain properly (particularly) to him,
 qui fatigatur ambulando. Frequens frictio quoque
who is fatigued by walking. Frequent rubbing also

in itinēre ipso reficit hunc ; post iter
in the journey itself repairs this (person); after the journey
 primum sedile, deinde unctio : tum
first a seat, afterwards anointing : then
 fovēat superiores magis quam inferiores
he may-cherish (foment) the upper more than the lower
 partes calida aqua. Vero si quis
parts with warm water. But if any (person)
 exustus-est in sole est eundum huic
has been-burnt in the sun it is to be-gone to (by) him
 protinus in balnēum, que corpus et caput
immediately into a bath, and the body and head
 perfundendum olēo ; deinde est descendendum
to be-poured-over with oil ; afterwards it is to be descended
 in solium bene calidum ; tum
(he should descend) into a bath well (very) warm ; then
 multa aqua infundenda per caput,
much water (is) to be-poured-on through (over) the head,
 prius calida, deinde frigida. At est opus
before (first) hot, afterwards cold. But it is necessary
 ei qui perfrixit, involuto
to him, who has been-very-cold, been rolled-up (well-covered)
 primum sedere in balnēo, donec insudet ; tum
first to sit in a bath, until he may-sweat ; then
 ungi ; deinde lavari ; assumēre
to be anointed ; afterwards to be washed (bathed) ; to take
 modicum cibum, meracas potiones.
moderate food, pure drinks (draughts of pure wine).
 Vero is qui navigavit, et pressus-est
But he who has sailed, and has been-pressed (oppressed)
 nausēa, si evomuit multam bilem, debet vel
with sickness, if he has vomited much bile, ought either
 abstinere cibo, vel assumēre aliquid
to abstain from food, or to take some (thing)
 paulum : si effudit acidam pituitam,
little : if he has-poured-off (vomited) acid phlegm,
 utique sumēre cibum sed leviozem
(he ought) truly to take food but lighter

assueto : si nausăa fuit sine vomitu,
than the accustomed : if the sickness has been without a vomit,
 vel abstinere vel vomere post cibum.
(he ought) either to abstain or to vomit after food.
 Vero qui sedit toto die, vel
But who has sat in a whole (for a whole) day, either
 in vehiculō, vel in spectaculis, currendum
in a carriage, or in the exhibitions, (it is) to be run
 nihil huic, sed est ambulandum
nothing (not at all) to (by) him, but it is to be walked
 lente : quoque lenta mora in balnĕo, dein
slowly : also slow (long) delay in a bath, then
 exigua cœna consueverunt prodesse. Si
a small supper have been-accustomed to profit. If
 quis æstuat in balnĕo, acetum exceptum
any-one is-very-hot in a bath, vinegar received
 ore, et retentum in eo reficit
in the mouth, and retained in it repairs (refreshes)
 hunc : si id est non, frigida
this (person): if that is not (to be obtained), cold
 aqua assumta eodem modo.
water taken in the same manner.

Autem ante omnia, quisque norit
But before all (things), each may have-known (should
 naturam sui corpōris : quoniam alii
know) the nature of his own body : because others
 sunt graciles, alii obesi ; alii calidi, alii
(some) are slender, others fat ; others hot, others
 frigidiores ; alii humidi, alii sicci ; adstricta
more cold ; others humid, others dry ; a bound
 alvus exercet alios, resoluta
belly exercises (troubles) others (some), a relaxed (belly)
 alios : raro quisquam habet non aliquam partem
others : seldom any-one has not some part
 corpōris imbecillam. Vero tenuis homo debet
of the body weak. But the thin man ought
 implere se, plenus extenuare,
to fill himself, the full (the man of full habit) to make-thin

calidus refrigerare, frigidus calefacere,
 (himself), *the hot to cool* (himself), *the cold to make-hot*,
 madens siccare, siccus madefacere: que item
the wet (humid) to dry, the dry to make-wet: and also
 is firmare alvum, cui fusa;
he (ought) to strengthen the belly, to whom (it is) poured
 is solvere, cui est adstricta;
(relaxed); he to loose (relax it), to whom it is bound;
 que est succurrendum semper parti laboranti
and it is to be succoured always to the part labouring
 maxime.
(being afflicted) most.

Autem modica exercitatio implet corpus,
But moderate exercise fills the body,
 frequentior quies, unctio, et si
(and also) more frequent rest, anointing, and if
 est post prandium, balneum, contracta alvus,
it is after dinner, a bath, a contracted belly,
 modicum frigus in hieme, et plenus et non
moderate cold in winter, and full and not
 nimis longus somnus; molle cubile, securitas
too long sleep; a soft bed, security (tranquillity)
 animi, maxime dulcia et pingua assumpta
of mind, mostly sweet and fat (things) taken
 per cibos et potiones, et
through (during) foods and drinkings, and
 frequentior cibus et quantus-plenissimus potest
more (very) frequent food and as-full-as is able
 concocui. Calida aqua extenuat corpus, si
to be concocted. Warm water makes-thin the body, if
 quis descendit in eam, que magis si est
any (person) descends into it, and more if it is
 salsa; balneum in jejuno, inurens sol et
salt; a bath in a fasting (person), a burning sun and
 omnis calor, cura, vigilia, vel nimium-brevis vel
all heat, care, watching, either too-short or
 longus somnus; terra lectus, per aestatem;
long sleep; the earth (as) a bed, through summer;

durum cubile, hieme; - cursus, multa ambulatio,
a hard bed, in winter; running, much walking,
 que omnis vehemens exercitatio, vomitus, dejectio, acida
and all violent exercise, a vomit, a purge, acid
 et austeræ res, et assumptæ semel die, et
and rough things, and taken once in the day, and
 potio vini non perfrigidi adducta in consuetudinem
the drinking of wine not very-cold brought into custom
 jejuno.
to (by a person) fasting.

Vero cum posuerim vomitum et
But when (since) I may have-placed the vomit and
 dejectionem inter extenuantia, quædam sunt
purge among (things) making-thin, some (things) are
 quoque dicenda propriè de his.
also to-be-said properly (particularly) concerning these.
 Vidéo vomitum esse rejectum ab Asclepiade in eo
I see the vomit to be rejected by Asclepiades in that
 volumine quod composuit de sanitate
volume which he composed concerning the health
 tuenda; neque reprehendo,
to be guarded (on preserving the health); nor do I blame
 si offensus-est consuetudine eorum, qui
(him), if he has-been-offended with the custom of those, who
 ejiciendo quotidie, moluntur facultatem
by casting-off (vomiting) daily, contrive the power
 vorandi. Processit etiam paulo longius:
of devouring. He has proceeded also by a little more (too) far:
 idem expulit quoque purgationes
the same (Asclepiades) has expelled also purges
 eodem volumine. Et hæc sunt perniciosæ, si
from the same volume. And these are pernicious, if
 fiunt medicamentis nimis valentibus. Sed tamen
they are-made with medicines too powerful. But yet
 est non perpetuum, hæc esse
it is not perpetual (a general rule), (for) these to be
 submovenda; quia ratio
to be-removed (banished); because the reason (condition)

corpōrum que tempōrum potest facere ea necessaria,
of bodies and of times is-able to make them necessary,
 dum adhibeantur et modo,
while (provided that) they may be-employed both in measure,
 et non nisi cum est opus. Ergo quoque ille
and not unless when there is need. Therefore also he
 ipse confessus-est, si quid esset jam
himself has confessed, if any (thing) might-be already
 corruptum, debere expelli: ita
corrupted, to owe (that it ought) to be expelled: thus
 res est non condemnanda ex toto.
the thing is not to be-condemned out-of the whole (entirely).
 Sed etiam possunt esse plures causæ
But also there-are-able to be more (very many) causes
 ejus; que quædam paulo subtilior observatio est
of it; and some by a little finer observation is
 adhibenda in ea. Vomitus est utiliōr hieme,
to be employed in it. A vomit is more-useful in winter,
 quam æstate; nam tum et plus pituitæ, et
than in summer; for then both more of phlegm, and
 major gravitas capitis subest. Est
a greater heaviness of the head is-under (exists). It is
 inutilis gracilibus, et habentibus
useless (injurious) to the slender, and (to persons) having
 imbecillum stomachum; utilis omnibus plenis et
a weak stomach; (it is) useful to all full and
 biliosis, si vel replerunt se
bilious (persons), if either they have-filled themselves
 nimium, vel concoxerunt parum. Nam, sive
too-much, or have concocted too-little. For, whether
 est plus quam quod possit concōqui,
there-is more than which may-be-able to be concocted,
 oportet non periclitari ne corrumpatur: sive
it behoves not to risk lest it may be corrupted: or-if
 est corruptum, nihil est commodius quam ejicere
it is corrupted, nothing is more convenient than to cast-off
 id, qua via potest primum expelli.
that, by what way it is-able first to be expelled.

Itaque, ubi ructus sunt amari cum dolore et
Therefore, when the belches are bitter with pain and
 gravitate præcordiorum, :
heaviness of the-parts-about-the-heart (the region of the

est confugiendum protinus ad hunc.
stomach), it is to be-fled immediately to this.

Idem prodest ei, cui pectus æstuat, et
The same profits to him, to whom the breast is very-hot, and

est frequens saliva vel nausæa; aut aures
there is frequent spittle or sickness; or (to whom) the ears

sonant, aut oculi madent, aut os est amarum :
sound, or the eyes are wet, or the mouth is bitter :

que similiter ei qui mutat vel cœlum
and likewise to him who changes either the heaven (air)

vel locum; que iis, quibus dolor infestat
or place; and to those, to whom pain troubles

præcordia, si vomuerunt non per
the parts about-the-heart, if they-have-vomited not through

plures dies. Neque ignoro quietem
more (many) days. Nor am-I-ignorant rest

præcipi inter hæc; quæ potest non
to-be-advised among these (things); which is-able not

semper contingere habentibus
always to happen (be obtained by) to (those) having

necessitatem agendi; nec facit idem in omnibus.
a necessity of acting; nor does it the same in all.

Itaque confiteor oportere istud non fieri
Therefore I confess (it) to behove that not to be done

causa luxuriæ; credo experimentis,
by cause (for the sake) of luxury; I believe by experiments,

fieri recte interdum causa
(it) to be done rightly sometimes by cause (for the sake)

valetudinis; tamen cum eo ne quis habeat hoc
of health; yet with this not any-one may have this

quotidianum, qui volet valere et senescere.
daily, who shall wish to be-in-health and to grow-old.

Qui volet vomere post cibum, si facit ex
Who shall wish to vomit after food, if he does (it) out-of

facili, debet tantum assumere ante tepidam
easy (easily), ought only to take before tepid
 aquam; si difficilius adjicere
water; if (he does it) more difficultly (he ought) to add
 aquae paulum vel salis vel mellis. At qui
to the water a little either of salt or of honey. But who
 est vomiturus mane, debet bibere ante
is about-to-vomit in-the-morning, ought to drink before
 mulsum, vel hyssopum, aut esse radiculam;
hydromel, or hyssop, or to eat little-root (horse-
radish); afterwards to drink tepid water, as
 scriptum-est supra. Omnia cetera, quae
has-been-written above. All the other (things), which
 antiqui medici praeceperunt intestant stomachum.
the ancient physicians have advised trouble the stomach.
 Post vomitum, si stomachus est infirmus, paulum cibi,
After a vomit, if the stomach is weak, a little of food,
 sed hujus idonei gustandum, et tres cyathi
but of this proper (ought) to be-tasted, and three glasses
 frigidae aquae sunt bibendi, nisi tamen vomitus
of cold water are to be drunk, unless however the vomit
 exasperavit fauces. Qui vomuit, si
has irritated the jaws (throat). Who has vomited, if
 fecit id mane, debet ambulare, tum
he has done that in-the-morning, ought to walk, then
 ungi, deinde cenare; si post
to be-anointed, afterwards to sup; if (he has done it) after
 cenam, lavari, et sudare in
supper, (he ought) to be washed (to bathe), and to sweat in
 balneo. Moderata cibis proximus huic est utilior;
a bath. Moderate food next to this is more useful;
 que is debet esse cum pane hesterno,
and he ought to eat with bread belonging-to-yesterday,
 austero meraco vino, et assa carne, que
with rough pure wine, and with roasted flesh, and
 omnibus cibis quam-siccissimis. Qui vult vomere
with all foods as-dry-as-possible. Who wishes to vomit

bis in mense, consulet melius, si
twice in in a month, will consult better, if
 continuarit biduo, quam
he may-have-continued (successively) in (for) two-days, than
 si vomuerit post quintumdecimum diem; nisi
if he-may-have-vomited after the fifteenth day; unless
 hæc mora faciet gravitatem pectōri. Autem
this delay shall make heaviness to the breast. But
 dejectio est quoque petenda medicamento, ubi
a purge is also to be sought by medicine, when
 venter suppressus reddit parum, que
the belly being-suppressed renders (voids) too-little, and
 ex eo inflationes, caligines, dolores
out-of that flatulencies, dimnesses (of the eyes), pains
 capitis, que alia mala superioris partis increscunt.
of the head, and other evils of the upper part increase

Enim quid possunt quies et inedia adjuvare
(arise). For what are-able rest and fasting to assist
 inter hæc, per quæ illa maxime
among these (things), through which those (evils) mostly
 eveniunt? Qui volet deicere, utatur
proceed? Who shall wish to purge (himself), may

primum iis cibis que vinis, quæ
(should) use first with those foods and wines, which
 præstent hoc; dein si illa proficient parum,
may perform then; then if those shall avail little,
 umat aloën. Sed quoque ut purgationes sunt
he may take aloes. But also as purges are

interdum necessariæ, sic ubi sunt frequentes,
sometimes necessary, so when they are frequent,

afferunt periculum. Enim corpus assuescit
they bring danger. For the body accustoms (itself)

non ali; cum infirmitas sit maxime
not to be nourished; when weakness may be most

obnoxia omnibus morbis. Autem unctio calefacit,
liable to all diseases. But anointing makes-warm,

salsa aqua, que magis si est calida, omnia
(also) salt water, and more if it is warm, all

salsa, amara, carnosa, balnĕum, si est
salt, bitter, fleshy (things), a bath, if it is
 post cibum, austerum vinum. Et balnĕum
after food, rough wine. And a bath
 in jejuno refrigĕrat, et somnus,
in a fasting (person) cools, and (also) sleep,
 nisi est nimis longus, et omnia acida;
unless it is too long, and all acid (things);
 aqua quam-frigidissima, olĕum, si miscetur
water as-cold-as possible, oil, if it is-mixed
 aqua. Autem labor major quam ex
with water. But labour greater than out-of
 consuetudine efficit corpus humidum,
(according to) custom renders the body humid,
 frequens balnĕum, plenior cibus, multa
(also) a frequent bath, more (very) full food, much
 potio; post hæc, ambulatio, et vigilia:
drink; after these (things), walking, and watching:
 quoque multa et vehemens ambulatio per se, et
also much and violent walking by itself, and
 cibus non adjectus protinus matutinæ-exercitationi;
food not added immediately to morning-exercise;
 ea genera escæ, quæ veniunt ex frigidis,
those kinds of food, which come out-of cold,
 et pluvius, et irriguis locis. Contra
and rainy, and watered places. On-the-other-hand
 modica exercitatio siccatur, fames, unctio sine
moderate exercise dries, (also) hunger, anointing without
 aqua, calor, modicus sol, frigida aqua, cibus
water, heat, moderate sun, cold water, food
 subjectus statim exercitationi, et is ipse
subjoined immediately to exercise, and that (food) itself
 veniens ex siccis et æstuosus locis.
coming out-of dry and hot places.

Labor adstringit alvum, sedile; creta
Labour binds the belly, (also) a seat; chalk
 figularis illita corpōri,
belonging-to-the-potter (potter's earth) besmeared to the body,

imminutus cibus, et is ipse assumtus semel
diminished food, and that itself being-taken once
 die ab eo qui solet bis;
in the day by him who is accustomed (to take it) twice;
 exigua potio, neque adhibita, nisi cum
little drink, neither employed (taken), unless when
 quis cepit quantum cibi est assumturns;
any-one has taken as much of food (as) he is about-to-take;
 quies post cibum. Contra aucta ambulatio
rest after food. On-the-other-hand increased walking
 atque esca solvit; motus qui est post
and food looses (relaxes); the motion which is after
 cibum, potiones immixtae subinde cibo.
food, drinkings mixed occasionally to the food.
 Quoque oportet scire illud, quod vomitus
Also it behoves to know that (this), that a vomit
 comprimit . solum alvum, solvit
compresses (binds) a loosened (relaxed) belly, looses (relaxes)
 compressum: que item is vomitus
the compressed (bound): and also that vomit
 comprimit, qui est statim post cibum;
compresses (binds), which is immediately after food;
 is solvit, qui supervenit tarde.
that looses (relaxes), which comes-upon (after it) slowly.

Vero quod pertinet ad aetates, mediae aetates
But what pertains to ages, the middle ages
 sustinent inedia facillime, juvenes minus, pueri
sustain fasting most-easily, youths less, boys
 et confecti aetate minime. Quo
and (persons) finished (wasted) by age least. By what
 (by how much) quisque fert minus facile, eo
each bears (it) less easily, by that
 saepius debet assumere cibum; que eget
the more-often he ought to take food; and he needs
 eo maxime qui increscit. Calida lavatio
with it most who increases (is growing). Warm washing
 est apta et pueris et senibus.
(bathing) is fit both to boys and to old-men.

Dilutius vinum puëris, meracius senibus,
More diluted wine (is proper) to boys, more-pure to old-men,
 quæ movent inflationes, neutri ætati.
(those) which move (cause) flatulencies, to neither age.

Intērest minus juvēnum quæ
It is-of-importance less of youths what (things)

assumant, et quomodo curentur. Quibus
they may take, and how they may-be-treated. To what

juvenibus alvus fluxit, contrahitur
youths the belly has flowed (been lax), it is-contracted

plerumque in senectute: quibus fuit
for-the-most-part in old age: to whom it has-been

adstricta in adolescentia, sæpe solvitur in
bound in youth, often it is loosed (relaxed) in

senectute. Autem fusior est meliör
old-age. But a more-poured (lax belly) is better

in juvēne, adstrictior in sene.
in a youth, a more bound in an old-man.

Quoque oportet considerare tempus anni.
Also it behoves to consider the time of the year.

Convēnit esse plus hieme; bibere minus, sed
It-is-fit to eat more in winter; to drink less, but

meracius; uti multo pane, potius
more-pure (wine); to use with much bread, rather

elixa carne, modice oleribus; capere
with boiled flesh, moderately with pot-herbs; to take

cibum semel die, nisi si venter est nimis
food once in the day, unless if the belly is too

adstrictus. Si aliquis prandet, est utilis
bound. If some (person) dines, it is more useful

sumere aliquid exiguum, et ipsum siccum,
to take some little (thing), and (that) itself dry,

sine carne, sine potione. Eo tempore
without flesh, without drink. In that time

anni est utendum omnibus
of the year it is to be-used (one should use) with all

calidis, vel moventibus calorem. Tum
warm (things), or moving (promoting) heat. Then

Venus est non æque pernicioſa. At
Venus (connexion) *is not equally pernicious. But*
 vere paulum demendum cibo, que
in ſpring a little (is) to be-taken-away from the food, and
 adjiciendum potioni; ſed tamen eſt bibendum
to be added to the drink; but yet it is to-be-drunk
 dilutiſ; utendum magis
more diluted; (it is) to be used (one muſt use) more
 carne, magis oleribus; tranſeundum
with fleſh, more with pot-herbs; (it is) to be gone-over
 paulatim ab elixis ad aſſa. Venus
by little-and-little from boiled (things) to roasted. Venus
 eo tempore anni eſt tutiſſima.
 (connexion) *in that time of the year is moſt ſafe.*
 Vero æſtate corpus eget ſæpius et potione
But in ſummer the body wants more-often both with drink
 et cibo: idēo quoque eſt commōdum
and with food: on-that-account alſo it is convenient
 prandere. Et caro et olus ſunt aptiſſima
to dine. Both fleſh and pot-herb are moſt fit
 eo tempore; potio quam-dilutiſſima, ut et
in that time; the drink as-diluted-as-poſſible, that both
 tollat ſitim, nec incendat corpus;
it may-take-away thirſt, nor may inflame the body;
 frigida lavatio, aſſa caro, frigidi cibi,
cold waſhing (bathing), roasted fleſh, cold foods,
 vel qui refrigerent. Autem ut eſt utendum
or which may cool. But as it is to be used (as one
 cibo ſæpius, ſic
muſt use) with food more-often, ſo (it ought to be)
 exiguo. Vero per autumnum, propter
with little. But through autumn, on-account-of
 varietatem cœli, pericūlum eſt
the variation of the heaven (atmoſphere), the danger is
 maximum. Itaque oportet neque prodire
the greateſt. Therefore it behoves (a perſon) neither to go-forth
 ſine veſte, neque ſine calceamentis, que
without a garment, nor without ſhoes, and

præcipiē frigidioribus diebus, neque dormire
especially in colder days, nor to sleep
 sub-divo nocte, aut certe operire
under-the-open-air by night, or certainly to cover (one's self)
 bene. Vero jam licet uti paulo pleniore cibo;
well. But now it is-lawful to use by a little fuller food;
 bibere minus sed meracius. Quidam putant
to drink less but more-purely. Some (persons) think
 poma nocere, quæ assumuntur plerumque
apples (fruits) to hurt, which are-taken for-the-most-part
 toto die sic immodice, ne quid
in the whole day so immoderately, lest (that not) any (thing)
 remittatur ex densiore cibo:
may be remitted (diminished) out-of the more dense food:
 ita non hæc, sed consummatio omnium
thus not these (fruits), but the collection of all (the things)
 nocet. Ex quibus tamen minus noxæ est in
hurts. Out-of which however less of injury is in
 nullo, quam in his. Sed convēnit uti non his
no-one, than in these. But it is fit to us not with these
 sæpius quam alio cibo. Denique, est necessarium
more-often than with other food. Lastly, it is necessary
 aliquid demi densiori cibo,
(for) some(thing) to be-taken-away from the more-dense food,
 cum hic accedit. Vero Venus est
when this accedes (is added). But Venus (connexion) is
 utilis neque æstate, neque autumno; tamen
useful neither in summer, nor in autumn; however
 tolerabilior per autumnum; est
(it is) more-supportable through autumn; it is
 abstinendum in totum æstate, si
to be-abstained-from into whole (entirely) in summer, if
 potest fieri.
it is-able to be-done.

IV. Est proximum, ut dicam de iis,
It is nearest (next), that I may say concerning those,
 qui habent aliquas partes corpōris imbecillas. Cui
who have some parts of the body weak. To whom

caput est infirmum, is, si concoxerit bene,
the head is weak, he, if he may have concocted well,
 debet perfricare id leniter suis manibus mane;
ought to rub-over it gently with his hands in-the-morning;
 nunquam velare id veste, si potest fieri;
never to cover it with a robe, if it-is-able to be done;
 tonderi ad cutem; que utile vitare lunam,
to be shorn to the skin; and (it is) useful to avoid the moon,
 que maxime ante concursum ipsum
and mostly before the meeting (conjunction) itself
 lunæ que solis; sed nusquam post cibum. Si
of the moon and of the sun; but no-where after food. If
 sunt capilli cui, pectere eos
there are hairs to any (person), (he ought) to comb them
 quotidie; ambulare multum, sed, si licet, neque
daily; to walk much, but, if it-is-allowed, neither
 sub tecto, neque in sole; autem utique vitare
under a roof, nor in the sun; but truly to avoid
 ardorem solis, que maxime post cibum et vinum;
the heat of the sun, and mostly after food and wine;
 potius ungi quam lavari; nunquam
rather to be-anointed than to be-washed (to bathe); never
 ungi ad flammam, interdum ad prunam. Si
to be-anointed at the flame, sometimes at live-coal. If
 venit in balnëum, insudare primum paulum
he comes into a bath, (he ought) to sweat first a little
 sub veste in tepidario;
under a garment in the tepidarium (tepid-bath-chamber);
 ungi ibi, tum transire in calidarium;
to be-anointed there, then to go-over into the calidarium
 ubi sudarit, non
(hot-bath-chamber); when he may have-sweated, not
 descendere in solium, sed perfundere se totum
to descend into the bath, but to pour-over himself whole
 per caput multa calida aqua, tum
through (over) the head with much hot water, then
 tepida, deinde frigida; que perfundere caput
with tepid, afterwards with cold; and to pour-over the head

ea diutius quam ceteras partes: deinde perfricare
with it longer than the other parts: afterwards to rub-over
 id aliquamdū; novissime detergere et
that for-some-time; most-newly (lastly) to wipe and
 ungere. Nihil prodest capiti æque-atque
to anoint (himself). Nothing profits to the head equally-as
 frigida aqua; itaque is, cui hoc est infirmum,
cold water; therefore he, to whom this is weak,
 debet subicere id aliquamdū quotidie canali
ought to place-under that (it) for-some-time daily to a spout
 bene largo per æstatem. Autem semper, etiamsi
well (very) large through summer. But always, even-if
 nactus-est sine balneo, neque sustinet
he has-been-anointed without a bath, nor sustains
 refrigerare totum corpus, tamen perfundere caput
to cool the whole body, yet to pour-over the head
 frigida aqua. Sed cum nolit ceteras
with cold water. But when he may-be-unwilling the other
 partes attingi, demittere id,
parts to be-touched, (he ought) to lower that (the head),
 ne aqua descendat ad cervices, que regerere
lest the water may descend to the necks, and to throw-back
 eam defluentem ad hoc subinde
it flowing-down to this (the head) occasionally
 manibus, ne nocēat quid
with the hands, lest it may-hurt any-thing (in any respect)
 oculis, ve aliis partibus. Modicus cibus est
to the eyes, or to other parts. Moderate food is
 necessarius huic, quem concōquat facile; que
necessary to this (person), which he may-concoct easily; and
 is est assumendus etiam medio die, si caput
that is to-be-taken also in middle day, if the head
 læditur jejuno; si læditur non, potius semel.
is hurt (to him) fasting; if it is-hurt not, rather once.
 Expedit magis huic bibere assidue
It is-expedient more to this (person) to drink constantly
 lene dilutum vinum, quam aquam; ut, cum
gentle (light) diluted wine, than water; that, when

caput cœpērit esse grāvius, sit
the head may have-begun to be more heavy, there may be
 quo confugiat: que neque vinum ex
whither he may flee (have resort): and neither wine out-of
 toto, neque aqua semper sunt utilis ei:
whole (entirely), nor water always are useful to him:
 utrumque est medicamentum cum assumitur invicem.
each is a medicine when it is-taken alternately.
 Est non opus huic, scribere, legere,
It is not necessary to this (person), to write, to read,
 contendere voce utique post cœnam;
to contend with the voice (to declaim) truly after supper;
 post quam ne-quidem cogitatio est satis tuta ei;
after which not-even thinking is enough safe to him;
 tamen vomitus est maxime-alienus.
yet a vomit is most-foreign (unfit).

V. Vero neque usus frigidae aquae prodest his
But neither the use of cold water profits to those
 solis, quos imbecillitas capitis torquet, sed
alone, whom weakness of the head twists (afflicts), but
 etiam iis, quos assidue lippitudines,
also to those, whom constant sorenesses of the-eyes
 gravedines, destillationes, que
heavinesses, droppings (as in colds), and
 tonsillae habent male. Autem his
complaints of-the-throat have ill (afflict). But to these
 non tantum caput est perfundendum quotidie,
(latter) not only the head is to be-poured-over daily,
 sed quoque os fovendum multa
but also the mouth (is) to be cherished (washed) with much
 frigida aqua: que est utendum eo, praecipue
cold water: and it is to be-used with that, especially
 omnibus quibus hoc auxilium est utile ubi
to (by) all to whom this aid is useful when
 Austri reddiderunt caelum grāvius.
the South-winds have rendered the heaven (air) more-heavy.
 Que cum aut contentio aut cogitatio
And when (since) either contention (effort) or thought

anīmi sit inutīlis omnībus post cibum ;
of the mind may be useless (injurious) to all after food ;
 tum prācipue his qui consueverunt habere
then especially to those who have-been-accustomed to have
 vél dolores capitis, vél arteriæ vél
either pains of the head, or of the artery (throat), or
 quoslibet alios affectus oris. Etiam
any other affections (complaints) of the mouth. Also
 gravedīnes que destillationes possunt vitari, si is qui
heavinesses and droppings are-able to be-avoided, if he who
 est opportunus his, mutat quam-minīme
is convenient (subject) to these, changes as-little-as-possible
 aërem, loca que aquas ; si protēgit caput in sole,
the air, places and waters ; if he protects the head in the sun,
 ne incendatur, ve ne subitum frigus ex repentino
lest it may-be-burned, or lest sudden cold out-of sudden
 nubilo movēat id : si jejūnus
cloudy (cloudiness) may move (affect) that (it) : if fasting
 radit caput post concoctionem ; si neque legit
he shaves the head after concoction ; if neither he reads,
 neque scribit post cibum.
nor writes after food.

VI. Vero quem cīta alvus exercet,
But (the person) whom a quick belly exercises (afflicts),
 est opus huic exercere superiores partes
it-is necessary to this (person) to exercise the upper parts
 pila que similibus ; dum est jejūnus,
with ball and with the like (things) ; while he is fasting,
 ambulare ; vitare solem ; continūa balnēa ; ungi
to walk ; to avoid the sun ; continual baths ; to be-anointed
 citra sudorem ; non uti variis cibis, que
on-this-side sweat ; not to use with various foods, and
 minīme jurulentis aut leguminibus, ve his
least (of all) with-broth-like or with pulse, or with these
 oleribus, quæ descendunt celeriter ; denique, sumere
pot-herbs, which descend quickly ; lastly, to take
 omnia, quæ concoquuntur tarde. Venatio, que
all (things), which are concocted slowly. Venison, and

duri pisces, et assa caro ex domesticis
hard (firm) fishes, and roasted flesh out-of the domestic
 animalibus, juvant maxime. Expedit nunquam bibere
animals, assist most. It-is-expedient never to drink
 salsum vinum, ne-quidem tenuē aut dulce; sed
salted wine, not-even thin or sweet (wine); but
 austerum, et plenius, neque id ipsum pervetus. Si
rough, and more-full, nor that itself very-old. If
 volet uti mulso, id est faciendum ex
he shall-wish to use with hydromel, that is to be-made out-of
 decocto melle. Si frigidae potiones turbant non ventrem
boiled honey. If cold drinks disturb not the belly
 ejus, est utendum his potissimum.
of him, it is to be-used (he should use) with-these especially.
 Si sensit quid offensae in coena,
If he has felt any (thing) of unpleasantness in supper,
 debet vomere; que facere id quoque postero
he ought to vomit; and to do that also on the following
 die; tertio esse panem modici ponderis
day; on the third (day) to eat bread of moderate weight
 ex vino, uva ex olla adjecta,
out-of wine (dipped in wine), grape out-of a pot being added,
 vel ex defruto que aliis similibus: deinde redire
or out-of defrutum and other like (things): afterwards to return
 ad consuetudinem. Autem semper
to (his) custom (ordinary mode of living). But always
 conquiescere post cibum, ac neque intendere
to rest after food, and neither to stretch (apply)
 animum, neque dimoveri ambulatione, quamvis
the mind, nor to be-moved by walking, although (however)
 leni.
gentle.

At si laxius intestinum consuevit
 VII. *But if a more (too) loose intestine has been-accustomed*
 dolere, quod nominant Colum, cum id
to be-in-pain, which they name Colon, when (since) that
 sit nihil nisi genus inflationis, id est
may-be nothing unless a kind of flatulency, that is

agendum, ut aliquis concōquat; ut
to be acted (done), that some (person) may concoct; that
 exerceatur lectione, et aliis generibus;
he may be-exercised by reading, and by other kinds;
 utatur calido balnēo quoque calidis cibis
he may use with the warm bath, also with warm foods
 et potionibus; denique, evitet frigus omni modo,
and drinks; lastly, he may-avoid cold in every manner,
 item omnia dulcia, que legumina, et quicquid
also all sweet (things), and pulse, and whatever
 consuevit inflare.
has been accustomed to inflate.

VIII. Vero si quis laborat
But if any (person) labours (is afflicted)
 stomacho, debet legere clare; post
in the stomach, he ought to read clearly (loudly); after
 lectionem, ambulare, tum exerceri pila vel
reading, to walk, then to be exercised with ball or
 armis, ve quo alio genere, quo superior
with arms, or with any other kind, by which the upper
 pars movetur. Non bibere aquam jejunus, sed calidum
part is moved. Not to drink water fasting, but hot
 vinum; assumere cibum bis die; tamen sic ut
wine; to take food twice in the day; yet so that
 concōquat facile; uti tenui et austero vino;
he may concoct easily; to use with thin and rough wine;
 et potius frigidis potionibus post cibum. Autem pallor,
and rather with cold drinks after food. But paleness,
 macies, dolor præcordiorum, nausæa, et
leanness, pain of the parts-about-the-heart, sickness, and
 vomitus nolentium, dolor capitis
vomiting (of persons) being-unwilling, pain of the head
 in jejuno, indicant infirmum stomachum. In
in (a person) fasting, indicate a weak stomach. In
 quo quæ sunt non, is est firmi
whom which (things) are not, he is (a man) of a strong
 stomachi. Neque est credendum nostris,
stomach. Nor is it to be-believed to our (countrymen),

qui, cum concupiverunt vinum aut frigidam aquam in
who, when they have-coveted wine or cold water in
 adversa valetudine, habent patrociniū
adverse health, have the defence (excuse)

deliciarum in accusationem non-merentis
of (their) pleasures unto accusation of a not-deserving
 stomāchi. At qui concōquunt tarde, et
stomach. But (those) who concoct slowly, and

præcordia idēo inflantur, ve qui
the parts-about-the-heart on-that-account are-inflated, or who

propter aliquem ardorem consueverunt sitire
on-account-of some heat have-been-accustomed to thirst

noctu, bibant duos ve tres cyāthos per
by night, may (should) drink two or three glasses through

tenūem fistulā, ante quam conquiescant. Etiam prodest
a thin pipe, before than they may-rest. Also it-profits

adversus tardam concoctionem legere clare,
against slow concoction to read clearly (loudly),

deinde ambulare, tum vel ungi vel
afterwards to walk, then either to be-anointed or

lavari; bibere assidue frigidum vinum;
to be washed (to bathe); to drink constantly cold wine;

et magnum potionem, post cibum, sed, ut dixi
and a great drinking, after food, but, as I have said

supra, per siphonem: deinde includere omnes
above, through a tube: afterwards to conclude all

potiones frigida aqua. Vero is cui cibus
drinkings with cold water. But he to whom the food

acescit, debet bibere egelidam aquam ante eum,
becomes-sour, ought to drink lukewarm water before it,

et vomere. At si frequens dejectio incidit cui
and to vomit. But if frequent purging happens to any

ex hoc, quoties alvus constitērit
(person) out-of this, as-often-as the belly may-have-settled

ei, utatur potissimum frigida potione.
to him, he may (should) use especially with cold drinking.

IX. Vero si nervi solent dolere
But if the nerves are-accustomed to be-in-pain

eui, quod consuevit esse in podagra,
to any (person), which has-been-accustomed to be in foot-gout,
 ve chiragra, id quod est affectum, est exercendum
or in hand-gout, that which is affected, is to be-exercised
 huic, quantum potest fieri, que
to (by) this (person), as-much-as is able to be-done, and (it is)
 objiciendum labori et frigori; nisi cum dolor
to be exposed to labour and to cold; unless when the pain
 increvit; sub quo quies est optima. Venus
has increased; under which rest is best. Venus (connexion)
 est semper inimica; concoctio necessaria, sicut in
is always hostile; concoction (is) necessary, as in
 omnibus affectibus corporis. Enim cruditas lædit
all affections of the body. For indigestion hurts
 id maxime, et quoties corpus est offensus,
that most, and as-often-as the body is offended (deranged),
 vitiosa pars sentit maxime.
the vicious (weak) part feels (it) most.

Autem ut concoctio occurrit omnibus
But as concoction meets (is advantageous) to all
 vitiiis rursus frigus aliis, calor aliis;
vices (indispositions), again cold to others, heat to others;
 quæ quisque debet sequi pro habitu
which each ought to follow according-to the habit
 sui corporis. Frigus est inimicum seni,
of his-own body. Cold is hostile to an old-person,
 tenui, vulnèri, præcordiis,
to a thin (person), to a wound, to the parts-about-the-heart,
 intestinis, vesicæ, auribus, coxis,
to the intestines, to the bladder, to the ears, to the hips,
 scapulis, naturalibus, ossibus,
to the shoulder-blades, to the natural-parts, to the bones,
 dentibus, nervis, vulvæ, cerëbro: idem
to the teeth, to the nerves, to the matrix, to the brain: the same
 facit summam cutem pallidam,
makes the highest skin (the surface of the skin) pale,
 aridam, duram, nigram; ex hoc horrores
dry, hard, black; out-of this shiverings

que tremores nascuntur. At prodest juvenibus
and tremblings are-born (arise). But it profits to youths
 et omnibus plenis : que ubi est
and to all the full (persons of full habit) : and when there-is
 frigus quidem, sed cavetur, mens est
cold indeed, but it-is-guarded-against, the mind is
 erectior, que concoquitur melius. Vero frigida aqua
more-erect, and it is concocted better. But cold water
 infusa prodest præterquam capiti, etiam
poured-on profits besides to the head, also
 stomacho : que item doloribus articulis, qui sunt
to the stomach : and also to pains to the joints, which are
 sine ulceribus : item nimis-rubicundis hominibus, si
without ulcers : also to too-ruddy men, if
 vacant dolore. Autem calor adjuvat omnia,
they-are-free from pain. But heat assists all (things),
 quæ frigus infestat : item
which cold infests (injures) : also (those)
 lippientes, si sunt nec dolor,
having-soreness-of-eyes, if there-are neither pain,
 nec lacrimæ ; quoque nervos qui contrahuntur ;
nor tears ; also (it benefits) nerves which are contracted ;
 que præcipue ea ulcëra, quæ sunt ex
and particularly those ulcers, which are (arise) out-of
 frigore : idem facit colorem corporis bonum :
cold : the same makes the colour of the body good :
 movet urinam, si est nimius, effœminat
it moves (promotes) urine, if it is too much, it effeminates
 corpus emollit nervos, et solvit
(weakens) the body, softens the nerves, and looses (relaxes)
 stomachum. Vero aut frigus aut calor sunt minime tuta,
the stomach. But either cold or heat are least safe,
 ubi sunt subita insuetis.
when they are sudden to (persons) unaccustomed (to them).
 Nam frigus excitat dolores latëris, que alia vitia ;
For cold excites pains of the side, and other vices (com-
 frigida aqua strumas : calor prohibet
plaints) ; cold water (occasions) scrofulas : heat prevents

concoctionem, aufert somnum, digērit sudore,
concoction, it takes-away sleep, it digests(exhausts) bysweat,
 efficit corpus obnoxium pestilentibus morbis.
it effects (renders) the body liable to pestilential diseases.

Observatio est etiā necessaria, qua quis
Observation is also necessary, with which any (person)

adhuc intēger utatur in pestilentia, cum tamen
as-yet whole (healthy) may-use in pestilence, when yet
 possit non esse securus. Igītur tum oportet
he-may-be-able not to be secure. Therefore then it behoves

peregrinari, navigare : ubi id licet non, gestari,
to travel, to sail : when that is-allowed not, to be-carried,

ambulare lenīter sub-divo, ante æstum ; que
to walk gently under-the-open-air, before the heat ; and

ungi eodem modo : et, ut
to be-anointed in the same manner : and, as

comprehensum-est supra, vitare fatigationem,
has been-comprehended above, to avoid fatigue,

cruditatem, frigus, calorem, libidīnem : que multo magis
indigestion, cold, heat, lust : and by much more

continere se, si qua gravitas est in corpore. Tum
to contain himself, if any heaviness is in the body. Then

est neque surgendum mane, neque ambulandum
it is neither to-be-risen in-the-morning, nor to-be-walked

nudis pedibus, que minime post cibum,
with naked feet, and least (by no means) after food,

aut balnēum : neque est vomendum jejuno,
or a bath : nor is it to be-vomited to (by a person) fasting,

neque cœnato : neque alvus
nor to (by a person) having-supperd : nor (is) the belly

movenda : atque etiā, si mota-est
to be-moved (relaxed) : and also, if it has been-moved

per se, est comprimenda : abstinendum
(relaxed) by itself, it is to be-compressed : (it is) to be abstained

potius, si corpus est plenius. Que item balnēum
rather, if the body is more (too) full. And also the bath

vitandum, sudor, meridianus-somnus, utique
(is) to be-avoided, sweat, mid-day-sleep, truly (especially)

si cibus quoque antecessit; qui tamen assumitur
if food also has preceded; which yet is-taken
 commodius tum semel die; insuper etiam
more-conveniently then once in the day; moreover also

modicus, ne movëat cruditatem.
(it should be) moderate, lest it may move (cause) indigestion.

Modo aqua, modo vinum est bibendum, invicem
Now water, now wine is to be-drunk, alternately

alternis diebus. Quibus servatis,
on alternate days. Which (things) being kept (observed),

debet mutari quam-minimum ex
it ought to be-changed as-little-as-possible out-of (from)

reliqua consuetudine victus. Vero cum
the remaining custom of victual (diet). But when

hæc sint facienda in omni pestilentia,
(since) these (things) may be to be-done in every pestilence,

tum maxime in ea, quam Austri
then most (especially) in that, which South-winds

excitarint. Atque etiam eadem sunt
may-have-excited. And also the same (things) are

necessaria peregrinantibus, ubi discesserunt
necessary to (persons) travelling, when they-have-departed

ex suis sedibus gravi
out-of their-own seats (place of residence) in a heavy

tempore anni, vel ubi venerunt
(unhealthy) time of the year, or when they have-come

in graves regiones. Ac si aliqua res
into heavy (unhealthy) regions. And if some thing

prohibebit cetëra, utique debet abstinere:
shall-hinder the other (things), truly he will-ought to abstain:

atque transitus esse ei ita a vino ad
and the transition (ought) to be to him so from wine to

aquam, ab hac ad vinum, eo modo, qui
water, from this to wine, in that manner, which

positus-est supra.
has-been-placed above.

SECUNDUS LIBER.
THE SECOND BOOK.

AUTEM signa adversæ valetudinis instantis sunt
BUT the signs of adverse health being-at-hand are
 complura. In quibus explicandis
very-many. In which to be-unfolded (in explaining which)
 dubitabo non uti auctoritate
I shall doubt (hesitate) not to use with the authority
 antiquorum virorum, quæ maxime Hippocrätis; cum
of ancient men, and most of Hippocrates; when (since)
 recentiores medici, quamvis mutarint
more recent physicians, although they may have-changed
 quædam in curationibus, tamen fateantur illum
some (things) in treatments, yet may confess him
 præ sagisse optime hæc. Sed antequam
to have presaged best these (signs). But before-that
 dico, quibus præcedentibus timor morborum
I say, what (things) preceding fear of diseases
 subsit, videtur non alienum exponere,
may be-near, it seems not foreign (to the purpose) to explain,
 quæ tempora anni, quæ genera tempestatum, quæ
what times of the year, what kinds of weathers, what
 partes ætatis, qualia corpora sint maxime tuta
parts of age, what-sorts-of bodies may be most safe
 vel opportuna periculis, quod genus adversæ
or convenient (exposed) to dangers, what kind of adverse
 valetudinis possit timeri maxime in quoque.
health may be-able to be-feared most in each.
 Non quod non omni tempore, in omni genere tempestatum,
Not that not in every time, in every kind of weathers,
 homines omnis ætatis, omnis habitus, per omnia
men of every age, of every habit, through all
 genera morborum et ægrotent et moriantur;
kinds of diseases both may-become-sick and may die;
 sed quod tamen quædam eveniant frequentius;
but because yet some (things) may happen more-frequently;

que idēo sit utīle unumquemque
and on-that-account it may-be useful (for) each (person)
 scire, quid et quando cavēat maxīme.
to know, what and when he may guard-against most.

I. Igītur ver est saluberrīmum: deinde
Therefore the spring is most healthy: afterwards
 proxīme ab hoc, hiems: aestas periculosior:
next from this, the winter: summer (is) more-dangerous:
 autumnus longe periculosissīmus. Vero ex
autumn by-far most-dangerous. But out-of
 tempestatibus optimæ sunt æquales,
weathers the best are the equal (not variable),
 sive frigīdæ, sive calīdæ; pessīmæ, quæ
whether cold, or hot; the worst (are those), which
 variant maxīme. Quo fit,
vary most. By which it is-made (whence it happens),
 ut autumnus opprimat plurīmos. Nam
that autumn may oppress (destroy) very-many. For
 fere (est) calor meridianis-temporibus;
for-the-most-part (there-is) heat in the mid-day-times;
 est frigus nocturnis atque matutinis, que
there is cold in the nightly and in the morning, and
 simul etiā vespertinis. Ergo
at the same-time also in the evening (times). Therefore
 corpus, relaxatum et æstate, et subinde
the body, being-relaxed both by summer, and occasionally
 meridianis caloribus, excipitur subito frigore.
by the mid-day heats, is seized by sudden cold.
 Sed, ut id fit maxīme eo tempore, sic
But, as that is done most in that time, so
 quandocunque evenit, est noxium. Autem ubi
whenever it has happened, it is hurtful. But when
 est æqualitas, tamen sereni dies
there-is an equality (of temperature), yet the serene days
 sunt saluberrīmi; pluvīi meliores, quam tantum
are most-healthy; rainy (days are) better, than only
 nebulosi, ve nubili; que optimi hieme
misty, or cloudy (days); and the best (days) in winter

qui vacant omni vento; æstate,
(are those) which are-free from all wind; in summer

quibus Favonii perflant. Si est
(those) in which the West-winds blow. If there-is

aliud genus ventorum, Septentrionales sunt
another kind of winds, the Northern are

salubriores, quam Subsolani, vel Austri: tamen
more healthy, than the Eastern, or South-winds: yet

hæc sic, ut mutantur interdum
these (things are) so, that they may be-changed sometimes

sorte regionum. Nam
by the lot (according to the position) of regions. For

fere ventus veniens a mediterraneis-
for-the-most-part a wind coming from the midland-

regionibus, ubique salubris; a mari gravis.
regions, (is) every-where healthy; from the sea heavy

Neque solum valetudo est certior
(unhealthy). Neither (and not) only health is more sure

in bono habitu tempestatum; sed quoque priores
in a good habit (condition) of weathers; but also former

morbi, si qui inciderunt, sunt leviores, et finiuntur
diseases, if any have-happened, are lighter, and are-ended

promptius. Pessimum cœlum ægro
more-readily. The worst heaven (climate) to a sick (person)

est quod fecit ægrum; adẽo ut in hoc statu
is (that) which made (him) sick; so that in this state

mutatio quoque in id genus, quod est pejus
a change also (even) into that kind, which is worse

natura, sit salubris.
by nature, may be healthy (salutary.)

At mediæ ætas est tutissîma, quæ infestatur neque
But the middle age is most-safe, which is infested neither

calore juventæ, neque frigore senectutis. Senectus
by the heat of youth, nor by the cold of old-age. Old-age

patet magis longis morbis,
lies-open (exposed) more to long (chronic) diseases,

adolescetiã acutis. Autem quadratum corpus, neque
youth to acute. But a squared body, neither

gracile, neque obesum, est habilissimum. Nam ut longa
slender, nor fat, is most suitable. For as long (tall)
 statura est decora in juventa, sic conficitur
stature is becoming in youth, so it is finished (wasted)
 matura senectute: gracile corpus est infirmum,
by an early old-age: a slender body is weak,
 obesum hebes.
a fat (body is) dull.

Tamen vere, quæ novantur
Yet in spring, (the things) which are renewed
 motu humoris
by the motion of the moisture (of the humours)

consuerunt esse maxime in metu. Ergo tum
have been-accustomed to be most in fear. Therefore then

lippitudines, pustulæ, profusio sanguinis,
sorenesses-of-the-eyes, pustules, a pouring of blood

abscessus corporis, quæ Græci
(haemorrhages), abscesses of the body, which the Greeks

nominant ἀποστήματα (apostēmata), atra bilis, quam
name apostemata, black bile, which

appellant μελαγχολίαν (melancholīan), insanīa, morbus
they call melancholia, insanity, the disease

comitalis, angina, gravedines
belonging-to-the assembly (epilepsy), quinsy, heavinesses

destillationes solent oriri. Cum quoque
(colds) droppings are-wont to arise. When also

ii morbi, qui modo urgent in articulis que
those diseases, which now press (afflict) in the joints and

nervis, modo quiescunt, maxime et inchoantur, et
nerves, now are-quiet, mostly both are-begun, and

repētunt. At æstas vacat non quidem
repeat (renew themselves). But summer is-free not indeed

plerisque his morbis; sed adjicit vel continuas vel
from most these diseases; but it adds either continual or

ardentes, vel tertianas febres, vomitus, dejectiones
burning, or tertian fevers, vomitings, purgings (flux)

alvi, dolores auricularum, ulcēra oris,
of the belly, pains of the ears, ulcers of the mouth,

caneros, et in cetēris partibus quidem, sed maxime
cancers, both in the other parts indeed, but mostly
 obscēnis; et quidquid resolvit
in the obscene (private parts); and whatever relaxes
 hominem sudore. Vix quidquam ex his
a man by sweat. Scarcely any out-of these (things)
 incidit non in autumnum; sed quoque eo
falls (happens) not into autumn; but also in that
 tempore incertae febres oriuntur, dolor
time uncertain (erratic) fevers arise, pain
 lienis, aqua inter cutem, tabes, quam
of the spleen, water between the skin, consumption, which
 Græci nominant φθισιν (phthisin); difficultas urinæ,
the Greeks name phthisis; difficulty of urine,
 quam appellant στραγγουρίαν (strangourian); morbus
which they call strangury; the disease
 tenuioris intestini, quem nominant εἰλεὼν (eileōn);
of the very-thin intestine, which they name ileos;
 lævitas intestinorum, quæ vocatur λειψεντερίαια
smoothness of the intestines, which is-called
 (leienteria); dolores coxæ, morbi
lientery pains of the hip, diseases
 comitiales. Que idem tempus
belonging-to-the-assembly (epilepsies). And the same time
 interimit et fatigatos diutinis malis, et
kills both (those) wearied by long evils (maladies), and
 pressos tantum ab proxima
(those) pressed (afflicted) only from the nearest (last)
 æstate; et conficit alios novis morbis;
summer; and it finishes (destroys) others with new diseases;
 et implicat quosdam longissimis que maxime
and it involves some in very-long (maladies) and mostly
 quartanis, quæ exercēant quoque
(especially) in quartans, which may exercise (afflict) also
 per hiemem. Neque aliud tempus patet
through the winter. Neither (any) other time lies-open
 magis pestilentiae, cujuscunque generis ea est;
(exposed) more to pestilence, of whatever kind that is;

quamvis nocet variis rationibus. Autem hiems
although it hurts by various' reasons (means). But winter
 irritat dolores capitis, tussim, et quicquid mali
irritates pains of the head, cough, and whatever of evil
 contrahitur in faucibus, in lateribus, in visceribus.
is contracted in the fauces (throat), in the sides, in the viscera.
 Ex tempestatibus, Aquilo movet
Out-of weathers (winds), the North-wind moves (causes)
 tussim, exasperat fauces, adstringit ventrem,
cough, it irritates the fauces (throat), it binds the belly,
 suppressit urinam, excitat horrores, item dolores
it suppresses the urine, it excites shiverings, also pains
 lateris et pectoris: tamen spissat
of the side and of the breast: yet it thickens (braces)
 sanum corpus, et reddit mobilius atque
the healthy body, and renders (it) more moveable and
 expeditius. Auster hebetat aures, tardat
more-active. The South-wind dulls the ears, makes-slow
 sensus, movet dolorem capitis, solvit
the senses, moves (causes) pain of the head, looses (relaxes)
 alvum, efficit totum corpus hebes,
the belly, effects (renders) the whole body dull,
 humidum, languidum. Ceteri venti, quo
humid, languid. The other winds, by what (by how
 sunt propiores vel huic vel illi, eo
much) they are nearer either to this or to that, by this
 faciunt effectus magis vicinos his
(much) they make effects more neighbouring (like) to these
 ve illis. Denique, omnis calor inflammat et jecur
or to those. Lastly, all heat inflames both the liver
 et lienem, hebetat mentem, efficit ut anima
and the spleen, dulls the mind, effects (causes) that spirit
 deficiat ut sanguis prorumpat.
may fail (causes fainting), that blood may burst-forth.
 Frigus modo infert distentionem, modo
Cold now (sometimes) brings-on a distention, now
 rigorem nervorum; illud nominatur
(sometimes) stiffness of the nerves; that (former) is named.

Græce σπασμός (spasmos), hoc τέτανος
 Greekly (in Greek) spasm, this (latter)
 (tetānos) : excitat nigritiē in ulceribus, horrores in
tetanus : it excites blackness in ulcers, shiverings in
febribus. In siccitatibus, acutæ febres, lippitudines,
fevers. In droughts, acute fevers, sorenesses-of-the-eyes,
 tormīna, difficultas urinæ, dolores articulorum
twistings (gripings), difficulty of urine, pains of the joints
 oriuntur. Per imbres, longæ febres,
arise. Through (during) showers, long fevers,
 dejectiones alvi, angina, cancro, morbi
purges (flux) of the belly, quinsey, cancers, diseases
 comitiales, resolutio nervorum,
belonging-to-the-assembly (epilepsies), relaxation of the nerves
 Græci nominant παράλυσιν (paralūsin). Neque interest
the Greeks name (it) paralysis. Neither does-it-differ
 solum, quales dies sint, sed etiam quales
alone, what-sort the days may be, but also what-sort
 præcesserint ante. Si sicca hiems habuit
may have-preceded before. If a dry winter has had
 septentrionales ventos, autem ver exhibet
northern winds, but the spring exhibits (produces)
 Austros et pluvias, fere lippitudines,
South-winds and rains, for the most-part sorenesses-of-the-eyes,
 tormīna, febres subeunt, quæ maxime
twistings (gripings), fevers succeed, and most (especially)
 in mollioribus corporibus, quæ idēo
in more soft (delicate) bodies, and on-that-account
 præcipue in muliebribus. Vero si Austri quæ
especially in female (bodies). But if South-winds and
 pluvie occuparunt hiemem, autem ver est
rains - have occupied the winter, but the spring is
 frigidum et siccum, gravidæ feminae quidem,
cold and dry, heavy (pregnant) women indeed,
 quibus partus tum adest, periclitantur
to whom birth then is-near, are in danger
 abortu ; vero eæ quæ gignunt, edunt
from miscarriage ; but those who produce, bring-forth

imbecillos, que vix vitales : arida
weak, and scarcely liveable (infants): dry

lippitudo cetēros, et si sunt
soreness-of-the-eyes (attacks) the rest, and if they are

seniores, gravedīnes atque destillationes habent
elders, heavinesses (colds) and droppings have

male. At si Austri continuarunt
(them) ill (afflict them). But if South winds have-continued

a prima hiēme ad
from the first winter (from the beginning of winter) to

ultimum ver, dolores latērum,
the last spring (to the end of spring), pains of the sides,

et insanīa febricitantium quam appellant
and the insanity of (persons) in-fever which they call

φρένσις (phrenēsīn), rapiunt quam-celerrīme.
phrensy, snatch (carry off) as-quickly-as-possible.

Vero ubi calor orsus a primo vere
But when heat having-arisen from the first spring

quoque exhibet
(from the commencement of spring) also exhibits

similem æstatem, est necesse multum sudorem
a like summer, it is necessary (for) much sweat

subsēqui in febrībus. At si sicca æstas habuit
to succeed in fevers. But if a dry summer has had

Aquilones, vero sunt imbres que Austri
North-winds, but there-are showers and South-winds

autumno, tota hiēme, quæ est proxīma,
in autumn, in the whole winter, which is nearest,

tussis, destillatio, raucitas, in quibusdam etiā
cough, dropping, hoarseness, in some even

tabes oritur. Sin-autem autumnus quoque æque
consumption arises. But-if the autumn also equally

siccus perflatur iisdem Aquilonibus, secunda
dry is blown-through by the same North-winds, favorable

valetudo contingit omnibus mollioribus
health happens to all the more soft (delicate)

corporibus quidem, inter quæ proposui
bodies indeed, among which I have placed-before

muliebriā esse : vero durioribus et
female (bodies) to be : but to the harder (bodies) both
 aridæ lippitudines possunt instare, et
dry sorenesses of the-eyes are able to be-at-hand, and
 febres partim acutæ, partim longæ, et
fevers partly acute, partly long (chronic), and
 ii morbi qui nascuntur ex atra bili.
those diseases which are born (arise) out-of black bile.

Vero quod pertinet ad ætates, puëri que
But what pertains to ages, boys (children) and
 proximi his valent optime vere, et sunt
the nearest to these are-in-health best in spring, and are
 tutissimi prima æstate :
most safe in the first summer (in the beginning of summer):
 senes æstate et prima parte autumnī :
old-persons in summer and in the first part of autumn :
 juvènes que qui sunt inter juventam et
youths and (those) who are between youth and
 senectutem, hieme. Hiems est inimicior senibus,
old-age, in winter. Winter is more-hostile to old-persons,
 æstas adolescentibus. Tum si qua imbecillitas
summer to young-persons. Then if any weakness
 oritur, proximum est, ut serpentia ulcëra oris,
arises, the next is, that creeping ulcers of the mouth,
 quæ Græci nominant ἀφθας (aphthas), vomitus,
which the Greeks name aphthæ, vomitings,
 nocturnæ vigilæ, humor aurium,
nightly watchings, moisture (running) of the ears,
 inflammationes circa umbilicum exercëant
inflammations about the navel may exercise (afflict)
 infantes, que puëros adhuc tenëros. Etiam
infants, and boys (children) as-yet tender. Also
 exulcerationes gingivarum propriæ
ulcerations of the gums proper (peculiar)
 dentientium, distentiones nervorum,
of (those) teething, distentions of the nerves (convulsions),
 febriculæ, dejectiones alvi, que maxime
slight fevers, purges (flux) of the belly, and mostly

caninis dentibus orientibus habent male.
the canine teeth arising have ill (afflict them).

Quæ sunt pericûla cuiusque plenissîmi,
Which are the danger of each most-full (of the infant
of very full habit), and to whom the belly is most
adstrictus. At ubi ætas processit paulum,
bound. But when the age has advanced a little,
glandulæ, et aliquæ inclinationes
glandulæ (glandulous tumours), and some deviations
vertebrarum quæ sunt in spina,
of the vertebræ (turning-joints) which are in the back-bone,
strumæ, quædam dolentia genera verrucarum,
scrofulous-humours, some paining kinds of warts,
Græci appellunt ἀκροχορδῶνας (akrochordōnas), et
the Greeks call (them) acrochordons, and
plura alia tubercula oriuntur. Vero pube
very-many other little-swellings arise. But puberty
jam incipiente, multa ex iisdem, et
already beginning, many out-of the same (occur), and
longæ febres, et cursus sanguinis ex naribus.
long fevers, and running of blood out-of the nostrils.
Que omnis pueritia periclitatur maxime, primum
And all childhood is-in-danger most, first
circa quadragesimum diem, deinde septimo
about the fortieth day, afterwards in the seventh
mense, tum septimo anno, postea circa
month, then in the seventh year, afterwards about
pubertatem. Etiam si qua genera morborum
puberty. Also if any kinds of diseases
inciderunt in infantem, ac finita-sunt neque
have-fallen upon an infant, and have-been-ended neither
pubertate, neque primis coitibus, neque in
by puberty, nor by the first connexions, nor in
femina primis menstruis, fere
a woman by the first monthly (courses), for-the-most-part
sunt longa: tamen sæpius pueriles morbi,
they are long: yet more-often childish diseases,

qui manserunt diutius, terminantur.
which have remained very-long, are-terminated (at

that period). *Adolescentia est objecta maxime acutis*
Youth is exposed most to acute

morbis, item comitialibus,
diseases, also to (those) belonging-to-the-assembly (epilepsies),

que tabi: que fere sunt
and to consumption: and for-the-most part they are

juvenes, qui expūunt sanguinem. Post hanc ætatem
youths, who spit-out blood. After this age

dolores latērum et pulmonis, lethargus,
pains of the sides and of the lungs, lethargy,

cholēra, insanīa, profusio sanguinis per
cholera, insanity, a pouring of blood through

quædam velut ora venarum, Græci appellant
some as-if mouths of veins, the Greeks call (them)

αιμορροΐδας (haimorroïdas). In senectute difficultas
hæmorrhoids. In old-age difficulty

spiritus et urinæ, gravedo, dolores articulorum
of breathing and of urine, heaviness, pains of the joints

et renum, resolutiones nervorum,
and of the kidneys, relaxations of the nerves (palsy),

malus habitus corpōris, Græci appellant καχεξίαν,
a bad habit of body, the Greeks call (it)

(cachexian), nocturnæ vigiliæ, longiora vitia
cachexia, nightly watchings, very-long vices (complaints)

aurium, oculorum, etiam narium, que præcipue
of the ears, of the eyes, also of the nostrils, and particularly

soluta alvus, et quæ
a loosened (relaxed) belly, and (the things) which

sequuntur hanc, tormīna, vel lævitas
follow this, twistings (gripings), or smoothness

intestinorum que cetera mala fusi
of the intestines (lienteria), and the other evils of a poured

alvi. Præter hæc, tabes, dejectiones,
(lax) belly. Besides these (things), consumption, purges

destillationes, item dolores viscērum
(diarrhœa), droppings (colds), also pains of the bowels

et latèrum fatigant graciles. Obesi
and of the sides weary (harass) the slender. The fat
 plerumque strangulantur acutis morbis, et difficultate
generally are suffocated by acute diseases, and by difficulty
 spirandi; que sæpe moriuntur subito; quod
of breathing; and often die suddenly; which
 vix evēnit in tenuiore corpore.
scarcely happens in a more slender body.

II. Autem ante adversam valetudinem, ut dixi
But before adverse health, as I have said
 supra, quædam notæ oriuntur: omnium quarum est
above, some marks arise: of all which it is
 commune corpus habere se aliter, atque
common (for) the body to have itself otherwise, and
 consuevit: neque tantum in
(than) it has been-accustomed: neither only unto
 pejus, sed etiam in melius.
the worse (for the worse), but also unto the better.
 Ergo si aliquis factus-est
Therefore if some (person) has-been-made (has become)
 plenior et speciosior, et coloratior,
more full and better-looking and more coloured (more
 debet habere sua bona suspecta;
florid), he ought to have (hold) his goods suspected;
 quæ, quia possunt neque subsistere in
which, because they-are-able neither to stop in
 eodem habitu, neque progrēdi ultra,
the same habit (condition), nor to proceed farther,
 fere revolvuntur retro, quasi quadam
for-the-most-part are rolled-back backwards, as-if by some
 ruina. Tamen est pejus signum, ubi aliquis
ruin. Yet it is a worse sign, when some (person)
 emacuit contra consuetudinem, et amisit
has become-thin contrary-to custom, and has lost
 colorem que decorem: quoniam in iis
colour and comeliness: because in those (things)
 quæ superant est quod morbus demat;
which abound there-is (that) which disease may take-away;

in iis quæ desunt, est non
in those (things) which are-deficient, there-is not (that)
 quod ferat morbum ipsum. Præter hæc
which may bear the disease itself. Beside these (things)
 debet protinus timeri, si membra sunt
it ought immediately to be feared, if the limbs are
 graviora; si crebra ulcëra oriuntur; si corpus
very-heavy; if frequent ulcers arise; if the body
 incaluit supra consuetudinem; si gravior somnus
has-become-hot above custom; if very heavy sleep
 pressit; si somnïa fuerunt tumultuosa;
has pressed (oppressed); if the dreams have been tumultuous;
 si aliquis expergiscitur sæpius quam
if some (person) awakes more-often than
 assuevit, deinde soporatur iterum;
he has-been-accustomed, afterwards is put-to-sleep again;
 si corpus dormientis insudat circa aliquas
if the body of (a person) sleeping sweats about some
 partes contra consuetudinem, quæ maxime
parts contrary-to custom, and mostly (especially)
 si circa pectus, aut cervices, aut crura, vel
if about the breast, or necks, or legs, or
 genûa, vel coxas. Item si animus marcet;
knees, or hips. Also if the mind (spirit) fades
 si piget loqui et moveri; si
(droops); if it-is-irksome to speak and to be moved; if
 corpus torpet; si est dolor præcordiorum,
the body is-torpid; if there-is pain of-the-parts-about-the-
 aut totius pectoris, aut, qui evenit
heart, or of the whole breast, or, which happens
 in plurimis, capitis; si os est plenum
in most, of the head; if the mouth is full
 salivæ, si oculi vertuntur cum dolore, si
of spittle, if the eyes are-turned with pain, if
 tempora sunt adstricta, si membra inhorrescunt,
the temples are bound, if the limbs shiver,
 si spiritus est gravior; si venæ intentæ
if the breath is very-heavy; if the veins stretched

circa frontem moventur, si
about the forehead are-moved (disturbed), if (there are)
 frequentes oscitationes; si genūa sunt quasi
frequent gapings; if the limbs are as-if
 fatigata ve totum corpus sentit lassitudinem. Ex
fatigued or the whole body feels weariness. Out-of
 quibus sæpe plura nunquam non aliqua, antecedunt
which often many never not some, precede
 febrem. Tamen in primis illud est
fever. Yet in the first (in particular) that is
 considerandum, num aliquid horum eveniat
to be considered, whether some of these (signs) may happen
 cui sæpius, neque ulla difficultas
to any (person) very-often, neither any difficulty
 corporis subsequatur idēo.
(derangement) of the body may succeed on-that-account.
 Enim sunt quædam proprietates hominum, sine
For there-are some peculiarities of men, without
 notitiâ quarum non quicquam potest facile
a knowledge of which not any (thing) is-able easily
 præsigiri in futurum. Itaque
to be presaged unto the future (as to the future). Therefore
 aliquis est facile securus in his,
some (person) is easily secure (free from alarm) in these
 quæ evasit sæpe sine periculo.
(signs), which he has escaped often without danger.
 Ille debet solitari, cui hæc sunt nova;
He ought to be anxious, to whom these (signs) are new;
 aut qui nunquam habuit ista tuta sine
or who never has had those (signs) safe without
 custodiâ sui.
a guardianship of himself.

III. Vero ubi febris occupat aliquem,
But when fever seizes some (person),
 licet scire, non periclitari, si cubat
it is-allowed to know (him), not to be-in-danger, if he lies
 in aut dextrum aut sinistrum latus, ut
upon either the right or left side, as

visum-est . ipsi, cruribus reductis
has seemed (best) to himself, the legs being-drawn-back
 paulum ; qui quoque est fere habitus
a little ; which also is for-the-most-part the habit
 sani jacentis : si convertitur
(position) of a healthy (person) lying : if he is-turned
 facile ; si dormit noctu, si vigilat
(turns himself) easily ; if he sleeps by night, if he watches
 interdiu ; si spirat ex facili ;
(is awake) in the-day-time ; if he breathes out-of easy
 si conflictatur non ; si cutis est plana
(easily) ; if he struggles not ; if the skin is smooth
 circa umbilicum et pubem ; si
about the navel and the pubes ; if
 præcordia ejus sine ullo sensu
the parts-about-the-heart of him without any feeling
 doloris sunt æqualiter mollia in utraque parte ;
of pain are equally soft in each part (side) ;
 quod-si sunt paulo tumidiora, tamen cedunt
but-if they are by a-little more-swollen, yet they yield
 digitis et dolent non ; ut hæc valetudo
to the fingers and are-in-pain not ; as this (ill) health
 habebit aliquod spatium, sic erit tuta.
will have some space (duration), so it will be safe.
 Quoque corpus, quod est æqualiter molle et calidum,
Also a body, which is equally soft and warm,
 que quod totum æqualiter insudat, et
and which whole (throughout) equally sweats, and
 febricula cujus finitur eo sudore, pollicetur
the slight-fever of which is ended by that sweat, promises
 securitatem. Etiam sternutamentum est inter bona
security. Also sneezing is among good
 indicia, et cupiditas cibi vel servata a
tokens, and a desire of-food either kept (preserved) from
 primo, vel etiam orta post fastidium. Neque
the first, or also having-arisen after loathing. Neither
 ea febris debet terrere, quæ finita-est eodem
that fever ought to frighten which has been-ended in the same

die; ac ne-quidem ea, quæ quamvis evanuit
day; and not-even that, which although it has disappeared
 longiore tempore, tamen quievit ex toto
in a longer time, yet has rested out-of whole(entirely)
 ante alteram accessionem, sic ut corpus fieret
before another accession, so that the body might be made

intëgrum, quod Græci vocant εἰλικρινές.
(might become) whole, which the Greeks call (eilikrines).

Autem si quis vomitus incidit, debet esse mixtus et
But if any vomiting happens, it ought to be mixed both
 bile et pituita; et album, læve, æquale
with bile and with phlegm; and a white, smooth, equal

subsidere in urina; sic ut etiam, si
(sediment ought) to settle in the urine; so that also, if

quæ quasi nubeculæ innatarint,
any as-if little-clouds may have floated-in (it),
 deferantur in imum. *Ac*
they may be borne-down in the lowest (the bottom). And

venter ei, qui est tutus a periculo, reddit
the belly to him, who is safe from danger, returns (voids)

mollia, figurata, atque fere eodem
soft, figured (motions), and for-the-most-part in the same

tempore quo assuevit secunda
time in which he has-been-accustomed in favorable

valetudine, modo convenientia iis, quæ
health, provided-that agreeing to those (foods) which

assumuntur. Cita alvus est pejor: sed ne-quidem
are taken. A quick (lax) belly is worse: but not-even

hæc debet terrere protinus, si est magis coacta
this ought to frighten immediately, if it is more constrained

matutinis-temporibus, aut si tempore procedente
in the morning-times, or if time advancing

contrahitur paulatim, et est rufa, neque
it is contracted by-little-and-little, and is reddish, nor

excedit foeditate odoris similem alvum sani
exceeds in foulness of smell a like belly (motion) of a healthy

hominis. Ac quoque nocet nihil, aliquos
man. And also it hurts nothing (not at all), some

lumbricos descendisse sub fine
worms to have descended under (about) the end
 morbi. Si inflatio fecit dolorem que tumorem
of the disease. If inflation has made pain and swelling
 in superioribus partibus, sonus ventris evolutus
in the upper parts, the sound of the belly rolled
 inde ad inferiores partes est bonum signum; que etiam
thence to the lower parts is a good sign; and also
 magis, si excessit cum stercore sine
more, if it has gone-out with the excrement without
 difficultate.
difficulty.

IV. Contra, est periculum gravis
On-the-other-hand, there-is danger of a heavy
 morbi, ubi æger jacet supinus,
(severe) disease, when the sick (person) lies face-upward,
 manibus et cruribus porrectis; ubi vult
the hands and the legs being-stretched; when he wishes
 residere in impetu ipso acuti
to sit (erect) in the attack (violence) itself of an acute
 morbi, que præcipue pulmonibus laborantibus;
disease, and especially the lungs labouring (being afflicted);
 ubi premitur nocturna vigilia, etiamsi
when he is-pressed (oppressed) by nightly watching, even-if
 somnus accedit interdium: ex quo tamen
sleep approaches in-the-day-time: out-of which yet (that
 est peior, qui est inter quartam horam et
sleep) is worse, which is between the fourth hour and
 noctem, quam qui matutino-tempore ad
night, than (that) which (is) from the morning-time to
 quartam. Tamen est pessimum si somnus
the fourth (hour). Yet it is the worst (sign) if sleep
 accedit neque noctu neque interdium: enim
approaches neither by night nor in-the-day-time: for
 id potest non esse fere sine continuo
that is able not to be for-the-most-part without continual
 dolore. Vero est etiam æque malum signum
pain. But it is also equally a bad sign

urgeri somno ultra' debĭtum ; que
to be oppressed by sleep beyond (what is) due ; and
 pejus, quo magis sopor
worse, by which (by how much) more the sound-sleep
 continĭat se interdū, que noctu. Etĭam
continues itself in-the-day-time, and by night. Also
 est testimoniū mali morbi, spirare vehement'er et
it is a testimony of a bad disease, to breathe violently and
 crebro ; cœpisse inhorrescĕre a sexto die ;
frequently ; to-have-begun to shiver from the sixth day ;
 exspuĕre pus ; exscreare vix ;
to spit-out matter ; to expectorate scarcely (with difficulty) :
 habere continūum dolorem ; ferre morbum difficulter ;
to have continual pain ; to bear the disease difficultly :
 jactare brachia et crura ; lacrimare sine voluntate ;
to toss the arms and legs ; to weep without wish ;
 habere glutinosum humorem inhærentem dentĭbus,
to have a clammy humour adhering to the teeth,
 cutem circa umbilicum et pubem macram,
the skin about the navel and the pubes lean (emaciated),
 præcordia inflammata, dolentĭa, dura, tumĭda,
the præcordia inflamed, being-in-pain, hard, swollen,
 intenta, que magis, si hæc sunt dextra
stretched, and more, if these (signs) are in the right
 parte quam sinistra ; tamen est periculosissimū.
part (side) than in the left ; yet it is most-dangerous,
 si quoque venæ ibi agitantur vehementer. Etĭam
if also the veins there are-agitated violently. Also
 est signum mali morbi emacrescĕre nimis celerĭter ;
it is a sign of a bad disease to become-thin too quickly ;
 habere caput et pedes que manus frigĭdas, ventre
to have the head and feet and hands cold, the belly
 et laterĭbus calentĭbus ; aut extremas partes
and sides being-hot ; or (to have) the extreme parts
 frigĭdas, acuto morbo urgente ; aut inhorrescĕre post
cold, an acute disease oppressing ; or to shiver after
 sudorem ; aut singultum esse post vomĭtum, vel
a sweat ; or the hiccough to be after a vomit, or (for)

oculos rubere; aut post cupiditatem cibi,
the eyes to be red; or after desire of food (appetite),
 ve post longas febres fastidire hunc; aut sudare multum,
or after long fevers to loathe this; or to sweat much,
 que maxime frigido sudore; aut habere sudores
and most (especially) with cold sweat; or to have sweats
 non æquales per totum corpus, que qui finiant
not equal through the whole body, and which may end
 non febres; et eas febres, quæ revertantur quotidie
not fevers; and those fevers, which may return daily
 eodem tempore; ve quæ habēant semper pares
in the same time; or which may have always equal
 accessiones, neque leventur quoque tertio
accessions, neither may be-lightened also on the third
~~die; ve quæ continuantur sic, that they may increase by~~
 accessiones, tantum molliantur per decessiones,
the accessions, only may be-softened by departures,
 nec unquam dimittant corpus intēgrum. Est
nor ever may dismiss (leave) the body whole. It is
 pessimum si febris ne-quidem levatur,
the worst (sign) if the fever not-even is lightened,
 sed continuat æque concitata. Etiam est
but continues equally excited (violent). Also it is
 periculosum febrem oriri post arquatū
dangerous (for) fever to arise after the arched
 morbum; utique si præcordia
disease (jaundice); truly (especially) if the præcordia
 manserunt dura dextra parte. Ac iis
have remained hard on-the right part (side). And those
 dolentibus, nulla acuta febris debet terrere
(parts) being-in-pain, no acute fever ought to frighten
 nos leviter; neque unquam in acuta febre, aut a
us lightly; nor ever in acute fever, or from
 somno est distentio nervorum non
(after) sleep is distention of the nerves (convulsion) not
 terribilis. Etiam timere ex somno est mali
terrible. Also to fear out-of sleep is (a sign) of a bad

morbi; que item mentem esse turbatam
disease; and also (for) the mind to be disturbed
 protinus in prima febre ve
immediately in the first fever (in the beginning of fever), or
 aliquod membrum esse resolutum. Ex quo
some limb to be relaxed (paralysed). Out-of which
 casu, quamvis vita redditur, tamen id membrum
accident, although life is-restored, yet that limb
 fere debilitatur. Etiam vomitus sinceræ
for-the-most-part is-weakened. Also a vomit of pure
 pituitæ, vel bilis est periculosus; que peior, si est
phlegm, or of bile is dangerous; and worse, if it is
 viridis, aut niger. At urina est mala, in qua rubra
green, or black. But the urine is bad, in which red
 et lævia subsidunt: æterior, in qua
and smooth (sediments) settle: worse, in which
 quædam quasi tenuia alba folia: pessima ex his,
some as if thin white leaves: the worst out-of these,
 si repræsentat nubeculas, tanquam factas ex furfuribus.
if it represents little-clouds, as-if made out-of brans.
 Quoque diluta atque alba, est vitiosa, sed
Also diluted (thin) and white (urine), is vicious, but
 maxime in phreneticis. Autem alvus suppressa
most in phrenetic (persons). But a belly suppressed
 ex toto est mala. Etiam est
out-of whole (entirely) is bad. (That) also is
 periculosa, quæ fluens inter febres patitur
dangerous, which flowing between (during) fevers suffers
 non hominem conquiescere in cubili; utique
not a man to rest in the bed; truly (especially)
 si quod descendit, est perliquidum, aut albidum,
if (that) which has-descended is very-liquid, or whitish,
 aut pallidum, aut spumans. Præter hæc id,
or pale, or frothy. Besides these (things) that,
 quod excernitur, ostendit periculum, si est exiguum,
which is excreted, shews danger, if it is little,
 glutinosum, læve, album, que idem subpallidum; vel
clammy, smooth, white, and the same rather-pale; or

si est aut lividum, aut biliosum, aut cruentum, aut
if it is either livid, or bilious, or bloody, or
 peioris odoris, quam ex consuetudine. Est
of worse smell, than out-of custom (customarily). It is
 etiam malum quod est sincerum post
also bad (excrement) which is pure (unmixed) after
 longas febres.
long fevers.

v. Post hæc indicia, est votum morbum
After these tokens, it is (to be) wished the disease
 fieri longum; enim sic est necesse, nisi
to be-made long; for thus it is necessary, unless
 occidit. Neque est alia spes vitæ in
(the patient) dies. Nor is there other hope of life in
 magnis malis, quam ut aliquis
great evils (maladies), than that some (person)
 effugiat trahendo impetum
may escape by drawing (protracting) the attack (violence)
 morbi, que porrigatur in id tempus,
of the disease, and it may be-extended unto that time,
 quod præstet locum curationi.
which may afford place (opportunity) for the treatment.
 Tamen sunt protinus quædam signa ex quibus
Yet there are immediately some signs out-of which.
 possumus colligere morbum, etsi
we are-able to collect (understand) a disease, although
 interemerit non, tamen habiturum longius
it may have-killed not, yet (to be) about-to-have a very-long
 tempus: ubi frigidus sudor oritur inter non
time: when cold sweat arises between (during) not
 acutas febres circa caput tantum, et cervices; aut
acute fevers about the head only, and the necks; or
 ubi, febre non quiescente, corpus insudat; aut
when, the fever not being-quiet, the body sweats; or
 ubi corpus est modo frigidum, modo calidum, et
when the body is now cold, now hot, and
 alius color fit ex alio;
another colour is made out-of another (and the colour

aut ubi, quod abscessit
 changes); or when, (that) which has absceded (suppurated)
 aliqua parte inter febres pervenit non ad sanitatem;
 in some part between (during) fevers arrives not to health;
 aut ubi æger emacrescit parum, pro
 or when the sick (person) becomes-thin little, in-proportion-to
 spatio. Item si urina est modo liquida et pura,
 the space. Also if the urine is now liquid and pure
 modo habet quædam subsidentia; si
 (clear), now has some (things) settling; if
 sunt lævia atque alba ve rubra, quæ
 (the sediments) are smooth and white or red, which
 subsidunt in ea; aut si repræsentat quasdam quasi
 settle in it; or if it represents some as-if
 miculas; aut si excitat bullulas.
 small-crumbs; or if it excites bubbles.

vi. Sed, metu proposito quidem inter
 But, fear being-proposed (announced) indeed among
 hæc, tamen spes supërest. Vero acutæ nares,
 these (signs), yet hope remains. But acute nostrils,
 tempöra collapsa, concavi oculi, aures frigidæ
 the temples having-sunk, hollow eyes, the ears cold
 que languidæ, et leniter versæ imis partibus:
 and languid, and gently turned in the lowest parts:
 cutis circa frontem dura et intenta, color
 the skin about the forehead hard and stretched, the colour
 aut niger aut perpallidus; que multo magis,
 (complexion) either black or very-pale; and by much more,
 si hæc sunt ita, ut neque vigilia
 if these (things) are thus, that (although) neither watching
 præcesserit, neque resolutio ventris
 may-have-preceded, nor relaxation of the belly (flux)
 neque inedia, testantur ventum-esse jam
 nor fasting, they witness (it) to have been-come already
 ad ultima. Ex quibus causis
 to the last (things—the extreme). Out-of which causes
 interdum hæc species oritur, sed finitur uno
 sometimes this appearance arises, but is-ended in one

die : itaque durans diutius, est index mortis.
day : therefore lasting longer, it is an index of death.
 Vero si est talis in vetere morbo jam
But if it is such in an old disease already
 triduo, mors est in propinquo ; que magis,
in-the-third-day, death is in near (at hand) ; and more,
 si præter hæc oculi quoque refugunt
if beside these (things) the eyes also shun
 lumen, et illacrimant ; que quæ debent
the light, and weep ; and (the things) which ought
 esse alba in iis, rubescunt ; atque venulæ
to be white in them, become-red ; and the small-veins
 in iis pallent ; que pituita innatans
in them are-pale ; and the phlegm (humour) floating-in
 in iis, novissime inhærescit angulis ;
in them, most-newly (at last) adheres in to the corners ;
 que alter ex iis est minor ;
and another (one) out-of them is less (than the other) ;
 que ii aut subsederunt vehementer, aut
and those either have settled (sunk) violently, or
 facti-sunt tumidiores ; que palpebræ
have-been-made more-swollen ; and the eye-lids
 committuntur non per somnum, sed aliquid
are-closed-together not through sleep, but some
 ex albo oculorum apparet inter
(thing) out-of the white of the eyes appears between
 has ; neque fluens alvus expressit
these ; neither a flowing belly (flux) has expressed
 id ; que eandem palpebræ pallent, et
(produced) that ; and the same eye-lids are pale, and
 idem pallor decolorat labra et nares ; que
the same paleness discolours the lips and the nostrils ; and
 eandem labra, et nares, que oculi, et palpebræ, et
the same lips, and nostrils, and eyes, and eye-lids, and
 supercilia, ve aliqua ex his pervertuntur ;
eye-brows, or some out-of these are perverted (distorted) ;
 que is propter imbecillitatem, jam audit non, aut
and he on-account-of weakness, already hears not, or

videt non. Eādem mors denunciatur, ubi æger
sees not. The same death is denounced, when the sick
 cubat supinus, que genūa ei sunt
 (person) *lies face-upward, and the knees to him are*
 contracta; ubi delabitur subinde deorsum ad
 contracted; *when he glides-down occasionally downwards to*
 pedes; ubi nudat brachia et crura,
 (towards his) *feet; when he uncovers the arms and legs,*
 et dispergit inæqualiter; neque calor subest
 and scatters (them) *unequally; neither heat is-present*
 iis; ubi hiat; ubi dormit assidue: ubi
 to them; *when he gapes; when he sleeps constantly; when*
 is, qui est non suæ mentis, neque
 he, who is not (possessed) *of his own mind, nor*
 solet sanus facere id, stridet
 is-accustomed (being) *healthy to do that, gnashes*
 dentibus; ubi ulcus, quod natum-est
 with the teeth; *when an ulcer, which has-been-born (has*
 aut ante, aut in morbo ipso, factum-est
 arisen) *either before, or in the disease itself, has-been-made*
 aridum, et - aut pallidum, aut lividum.
 (has become) *dry, and either pale, or livid.*
 Quoque illa sunt indicia mortis, pallidi ungues que
 Also these are tokens of death, *pale nails and*
 digiti; frigidus spiritus; aut si quis in febre,
 fingers; *cold breath; or if any (person) in a fever*
 et acuto morbo, vel insanā, ve dolore
 and in an acute disease, *or in insanity, or in pain*
 pulmonis vel capitis, legit
 (inflammation) *of the lungs or of the head, gathers*
 floccos in veste, ve diducit
 the flocks in the garment (bed-clothes), *or draws-apart*
 fimbrias, vel carpit, si qua minuta
 the fringes, *or catches-at, if any minute (particles)*
 eminent in adjuncto pariete. Etiam
 project in the adjoined (adjoining) *wall. Also*
 dolores orti circa coxas et inferiores partes,
 pains having-arisen about the hips and lower parts,

si transierunt ad viscera, que subito
if they have gone-over to the viscera, and suddenly
 desierunt, testantur mortem subesse; que magis,
have-ceased, witness death to be-present; and more,
 si quoque alia signa accesserunt. Neque
if also other signs have acceded (accompanied). Nor
 is potest servari, qui febricitans sine
he is-able to be-kept (preserved), who being-in-fever without
 ullo tumore, strangulatur subito, aut potest non
any swelling, is suffocated suddenly, or is-able not
 devorare suam salivam; ve cui in eodem
to swallow-down his spittle; or to whom in the same
 habitu febris que corporis cervix convertitur
habit (state) of fever and of body the neck is turned
 sic ut possit æque devorare
(distorted); so that he may be-able equally to swallow-down
 nihil; aut cui est simul et
nothing; or to whom there-is at the-same-time both
 continua febris, et ultima infirmitas corporis;
continual fever, and the last (extreme) weakness of body;
 aut cui, febre non quiescente, exterior pars
or to whom, the fever not being-quiet, the outer part
 friget, interior pars calet, sic ut etiam faciat
is cold, the inner part is-hot, so that even it may-make
 sitim; aut, qui, febre æque non quiescente,
thirst; or, who, the fever equally not being-quiet,
 vexatur simul et delirio et
is-harrassed at-the-same-time both with delirium and
 difficultate spirandi. Aut qui, veratro epoto,
with difficulty of breathing. Or who, hellebore being-drunk,
 exceptus-est distentione nervorum;
has-been-siezed with distention of the nerves (convulsion);
 aut qui ebrius, obmutuit. Enim is
or who (being) intoxicated, has become-dumb. For he
 fere consumitur distentione
for-the-most-part is consumed (destroyed) by distention
 nervorum, nisi aut febris accessit,
of the nerves (convulsion), unless either fever has-acceded,

aut eo tempore, quo ebrietas debet
 or in that time, in which the intoxication ought
 solvi, cœpit loqui.
to be loosed (dissipated), he has-begun to speak.

Quoque gravida mulier facile consumitur;
Also a heavy (pregnant) woman easily is consumed
 morbo; et is cui somnus auget dolorem;
by disease; and he to whom sleep increases pain;
 et cui protinus, in recenti morbo, atra bilis
and to whom immediately, in a recent disease, black bile
 ostendit se vel infra vel supra; ve cui
shows itself either below or above; or to whom,
 prompsit se alterũtro modo, cum
it has drawn-forth (evacuated) itself in either manner, when
 corpus ejus esset jam extenuatum et affectum
the body of him might-be already made thin and weak
 longo morbo. Etiam biliosum et purulentum sputum,
by a long disease. Also bilious and purulent spitting,
 sive ista proveniunt separatim sive mixtum, ostendunt
whether those come-forth separately or mixed, shew
 pericũlum interitus. Ac, si cœpit esse tale
danger of death. And, if it has-begun to be such
 circa septimum diem, est proximum, ut is decedat
about the seventh day, it is next, that he may depart
 circa quartumdecim diem, nisi alia meliora ve
(die) about the fourteenth day, unless other better or
 pejora signa accesserint; quæ, quo
worse signs may have acceded; which, by which (by how
 leviora ve graviora subsecuta-sunt, eo
much) lighter or heavier (signs) have succeeded, by that
 denunciant vel seriores vel maturiores
(much) they denounce either a later or earlier
 mortem. Quoque frigidus sudor in acuta febre est
death. Also cold sweat in acute fever is
 pestiferus: atque in omni morbo vomitus, qui
pestiferous (fatal): and in every disease a vomit, which
 est varius et multorum colorum; que præcipue, si
is various and of many colours; and especially, if

est malus odor in hoc. Ac quoque vomuisse
there-is a bad smell in this. And also to have-vomited
 sanguinem in febre, est pestiferum. Vero urina
blood in a fever, is pestiferous (fatal). But the urine
 consuevit esse rubra et tenuis in magna
has-been-accustomed to be red and thin in great
 cruditate: et sæpe, antequam maturescat,
indigestion: and often, before-that it may-become-ripe
 rapit hominem:
(concoction takes place), it seizes (carries off) the man:
 itaque, si permānet talis diutius, ostendit periculum
therefore, if it continues such very-long, it shews danger
 mortis. Tamen nigra, crassa, mali odoris est
of death. Yet black, thick (urine), of bad smell is
 pessima, que præcipue mortifera. Atque talis est
worst, and particularly deadly. And such is
 deterrima in viris quidem et mulieribus: vero in puëris
the worst in men indeed and in women: but in boys
 quæ est tenuis et diluta.
(children) (that) which is thin and diluted (clear).
 Quoque varia alvus, quæ repræsentat
Also a various belly (stool), which represents
 strigmentum, sanguinem, bilem, aliquid viride, modo
strigment, blood, bile, some (thing) green, now
 diversis temporibus, modo simul et in
in different times, now at-the-same-time and in
 quadam mixtura, tamen discreta, est pestifera.
some mixture, yet distinct, is pestiferous (fatal).
 Sed potest quidem trahere hæc
But he-is-able indeed to draw (survive) these (things)
 paulo diutius: vero quæ est liquida, que
by a-little longer: but (a motion) which is liquid, and
 eadem vel nigra vel pallida, vel pinguis; utique
the same either black or pale, or fat (oily); truly
 si magna fœditas odoris accessit,
(especially) if great foulness of smell has acceded
 denunciât esse jam in præcipiti.
(accompanied), denounces (death) to be already in headlong

Scio me posse interrogari illud
 (impending). *I know myself to be-able to be asked that* (thing)
 ab aliquo, si indicia mortis futuræ sunt
 by some (person), if the tokens of death about-to-be are
 certa, quomodo interdum deserti a medicis
 sure, how sometimes (persons) forsaken by physicians
 convalescant, que fama prodiderit quosdam
 may recover-health, and report may have transmitted some
 revixisse in funeribus ipsis?
 (persons) to have revived in the funerals themselves
 Quin-etiam Democritus, vir jure magni nominis
 But-also Democritus, a man by right of great name,
 proposuit ne-quidem notas vitæ
 has proposed (pretended) not-even the marks of life
 finitæ esse satis certas, quibus medici
 being-ended to be enough sure, to which physicians
 credidissent: adëo reliquit non,
 might-have-believed: so he left not (so far was he from
 illud, ut essent aliqua certa signa
 leaving), that, that there-might-be some sure signs
 mortis futuræ. Adversus quos dicam ne-quidem
 of death about-to-be. Against whom I will say not-even
 illud, quod sæpe quædam notæ positæ in
 that (this), that often some marks placed in
 vicino
 neighbouring (the apparent identity of certain signs)
 decipiunt non bonos, sed imperitos medicos; quod
 deceive not good, but unskilful physicians; that
 Asclepiades obvius funëri intellexit
 Asclepiades (being) opposite (meeting) to a funeral understood
 eum vivere qui efferebatur: nec
 him to live who was-borne-out (for burial): nor (nor ought
 protinus esse crimen artis,
 it to be asserted) immediately to be the crime of the art
 si sit quod professoris. Tamen subjiciam
 if there-may-be any of the professor. Yet I will subjoin
 illa moderatius: medicinam esse
 those (these things) more-moderately: medicine to be

conjecturalem artem que rationem conjecturæ
a conjectural art and the reason (nature) of conjecture
 esse talem, ut cum aliquando
to be such, that when sometimes (heretofore)
 responderit sæpius, tamen interdum fallat.
it may have-answered very-often, yet sometimes it may deceive.
 Itaque non, si quid decipit
Therefore (we should say) not, if any (thing) deceives
 aliquando vix in millesimo corpore, habet non fidem,
sometimes scarcely in a thousandth body, it has not faith,
 cum respondeat per innumerabiles homines. Que
when it may answer through innumerable men. And
 dico id non tantum in iis quæ sunt
I say that not only in those (symptoms) which are
 pestifera, sed quoque in iis quæ
pestiferous (dangerous), but also in those which (are)
 salutaria. Siquidem etiam spes frustratur interdum,
salutary. Since-that also hope is-frustrated sometimes,
 et aliquis moritur, de quo medicus
and some (person) dies, concerning whom the physician
 fuit securus primo: que quæ reperta-sunt
was secure at-first: and (things) which have-been-discovered
 causa medendi, nonnunquam convertunt in
for-the-sake of curing, sometimes turn unto
 pejus alicui. Neque humana imbecillitas potest
worse to some (person). Neither human weakness is-able
 evitare id in tanta varietate corporum. Sed
to avoid that in so-great a variety of bodies. But
 tamen est fides medicinæ, quæ prodest multo
yet there-is faith to medicine, which profits by much
 sæpius, que per multo plures
more-often, and through by much more (the greater number of)
 egros. Neque tamen oportet ignorare,
sick. Nor yet does-it-behave (a person) to be-ignorant,
 notas et salutis et mortis esse magis fallaces
the marks both of safety and of death to be more deceiving
 in acutis morbis.
in acute diseases.

VII. Sed cum proposuërim

But when (since) I may-have-proposed (explained)

signa, quæ consueverunt esse communia in
the signs, which have-been-accustomed to be common in

adversa valetudine; quoque transibo eo, ut
adverse health; also I will go-over thither, that

indicem quas notas aliquis possit
I may-point-out what marks some (person) may be-able

habere in singulis generibus morborum. Autem
to have in the several kinds of diseases. But

sunt quædam quæ ante febres, quædam
there are some which before fevers, some

inter eas, ostendunt, aut quid sit
between (during) them, shew, either what may be

intus, aut sit venturum. Si ante febres
within, or may be about-to-come. If before f' vers

caput est grave, aut oculi caligant ex
the head is heavy, or the eyes are-dim out-of (after)

somno, aut sternutamenta sunt frequentia, aliquis
sleep, or the sneezings are frequent, some

impëtus pituitæ circa caput potest timeri.
attack of phlegm (humour) about the head is-able to-be-feared.

Si sanguis aut calor abundat, est proximum, ut
If the blood or heat abounds, it is near, that

profluvium sanguinis fiat ex
a flux of blood (a hæmorrhage) may be-made out-of

aliqua parte. Si quis emacrescit sine
some part. If any (person) becomes-thin without

causa, est metus, ne corpus ejus recidat
cause, there-is fear, lest the body of him may-fall-back

in malum habitum. Si præcordia dolent,
into bad habit (cachexy). If the præcordia are-in-pain,

aut est gravis inflatio, aut urina fertur
or there-is heavy flatulency, or the urine is-borne

non concocta toto die, est
(rendered) not concocted in the whole day, it is

manifestum cruditatem esse. Quibus
manifest indigestion to be (to exist). To whom

color est malus diu sine regïo morbo,
the colour is bad a long-time without the royal disease

hi vel conflictantur doloribus
(the jaundice), these either are-afflicted with pains

capitis, vel edunt terram. Qui habent faciem pallidam
of the head, or eat earth. Who have the face pale

et tumidam diu aut laborant
and swollen a-long-time either labour (are afflicted)

capite, aut visceribus, aut alvo. Si venter
in the head, or in the viscera, or in the belly. If the belly

reddit nihil puëro in continuâ febre,
renders (voids) nothing to a boy (child) in a continual fever,

que color mutatur ei, neque somnus accedit, que
and the colour is changed to him, neither sleep accedes, and

is plorat assidue, distentiō nervorum est
he weeps constantly, distention of the nerves (convulsion) is

metuenda. Autem frequens destillatiō in tenui
to be-feared. But frequent dropping (cold) in a thin

que longo corpore testatur tabem esse timendam.
and long body witnesses consumption to be, to be-feared.

Ubi alvus descendit non pluribus
When the belly has descended (voided) not in many

diebus, docet aut subitam dejectionem, aut
days, it teaches (shews) either sudden purging, or

febriculam instare. Ubi pedes turgent
slight-fever to be-at-hand. When the feet are-swollen

dejectiones sunt longæ; ubi dolor est in imo
the purgings are long; when pain is in the lowest

ventre et coxis, aqua
belly (in the lower part of the belly) and in the hips, water

inter cutem instat. Sed hoc genus morbi
between the skin is-at-hand. But this kind of disease

solet oriri ab ilibus Idem periculum
is-accustomed to arise from the ilia. The same danger

est propositum iis quibus est voluntas
is proposed (threatened) to those to whom there is the wish

desidendi, venter reddit
of sitting-down (of going-to-stool), the belly renders

nihil, nisi et ægre et durum,
 (discharges) *nothing, unless both difficultly and hard (matter),*
 tumor est in pedibus, que idem modo dextra,
swelling is in the feet, and the same now in the right,
 modo sinistra parte ventris, invicem oritur
now in the left part (side) of the belly, alternately arises
 atque finitur. Sed id malum videtur proficisci
and is ended. But that evil seems to-set-out (to com-
 a jacinöre. Est nota ejusdem morbi,
mence) from the liver. It is a mark of the same disease,
 ubi intestina circa umbilicum torquentur, (Græci
when the intestines about the navel are twisted, (the Greeks
 nominant στρόφους (strophous) que dolores coxæ manent;
name (it) twistings) and pains of the hip remain;
 que ea solvuntur neque
and those (symptoms) are loosed (dissipated) neither
 tempore, neque remediis. Autem dolor articulorum,
by time, nor by remedies. But pain of the joints,
 prout est sic in pedibus ve manibus, aut qualibet
according-as it is so in the feet or in the hands, or in any
 alia parte, ut nervi eo loco contrahantur;
other part, that the nerves in that place may be contracted;
 aut si id membrum, fatigatum ex levi causa,
or if that limb, being-fatigued out-of a light cause,
 offenditur æque frigido que calido, denuntiât
is offended (annoyed) equally by cold and by hot, it denounces
 morbum esse futurum ποδάγραν (podagran) ve χειράγραν
the disease to be about-to-be foot-gout or
 (cheiragran), vel ejus articuli, in quo id sentitur.
hand-gout, or of that joint, in which that is felt.
 Quibus sanguis fluxit ex naribus in pueritiâ,
To whom blood has-flowed out-of the nostrils in childhood,
 dein desinit fluere, est necesse hi conflictentur
then has ceased to-flow, it is necessary these may be-afflicted
 vel doloribus capitis, vel habcant aliquas graves
either with pains of the head, or may have some heavy
 exulcerationes in articulis, vel etiam
(severe) ulcerations in the joints, or also

debilitentur aliquo morbo. Quibus feminis
may be-weakened by some disease. To what women
 menstrua proveniunt non, est necesse
the monthly (courses) come-forth not, it is necessary
 sint acerbissimi dolores capitis, vel
there-may-be most bitter (cruel) pains of the head, or
 quaelibet alia pars infestetur morbo. Que
some other part may be-infested by disease. And
 eadem pericula sunt iis quibus vitia,
the same dangers are to those to whom vices (disorders),
 dolores que tumores articulorum oriuntur et desinunt,
pains and swellings of the joints arise and cease,
 sine podagra que similibus morbis; utique,
without foot-gout and the like diseases; truly (especially),
 si tempora dolent saepe iisdem, que
if the temples are-in-pain often to the same (persons), and
 corpora insudant noctu. Si frons prurit,
(their) bodies sweat by night. If the forehead itches,
 est metus lippitudinis. Si mulier habet
there-is fear of soreness-of-the-eyes. If a woman has
 vehementes dolores a partu, neque alia
violent pains from (after) delivery, nor other
 signa praetera sunt mala, aut sanguis erumpet
signs besides. are bad, either blood will burst-forth
 per nares circa vicesimum diem, aut aliquid
through the nostrils about the twentieth day, or some (thing)
 abscedet in inferioribus partibus. Etiam
will abscede (form abscess) in the lower parts. Also
 quicumque habebit ingentem dolorem circa tempora
whoever shall have great pain about the temples
 et frontem, is finiet eum alterutra ratione;
and forehead, he will end it by one-or-other reason (means):
 que magis, per profusionem sanguinis, si est
and more, by a flowing of blood (haemorrhage), if he is
 juvenis; si senior, per suppurationem. Autem febris,
young; if older, by suppuration. But a fever,
 quae finita-est subito sine ratione, sine
which has been-ended suddenly without reason, without

bonis signis, fere revertitur. Cui
good signs, for-the-most-part returns. To whom
 fauces replentur sanguine et interdū et
the fauces are filled with blood both in the-day-time and
 noctu, sic ut neque dolores capitis, neque
by night, so that neither pains of the head, nor
 præcordiorum, neque tussis, neque vomitus, neque
of the præcordia, nor cough, nor vomiting, nor
 febricula præcesserit, ulcus reperietur aut
slight-fever may have-preceded, an ulcer will be-found either
 in naribus, aut in faucibus hujus. Si
in the nostrils, or in the fauces of this (person). If
 inguen et febricula orta-est mulieri,
the groin (has swollen) and slight-fever has-arisen to a woman,
 neque causa apparet, ulcus est in vulva. Autem
neither the cause appears, an ulcer is in the womb. But
 crassa urina, ex qua quod desidit, est album,
thick urine, out-of which (that) which settles, is white,
 significat dolorem circa articulos, aut circa viscera, que
signifies pain about the joints, or about the viscera, and
 esse metum morbi. Eadem
to be (that there is) fear of disease. The same
 viridis, testatur aut dolorem viscerum que
(being) green, witnesses either pain of the viscera and
 tumorem cum aliquo periculo subesse, aut certe
swelling with some danger to be-near, or certainly
 corpus non esse integrum. At si sanguis aut pus est
the body not to be whole. But if blood or matter is
 in urina, vel vesica vel renes sunt
in the urine, either the bladder or the kidneys are
 exulcerati. Si hæc crassa habet quasdam
ulcerated. If this (urine being) thick has some
 exiguas carunculas quasi capillos, aut si bullat,
small small-pieces-of-flesh as-if hairs, or if it bubbles,
 et olet male, et interdum trahit
and smells ill, and sometimes draws (carries with it)
 quasi arenam, interdum quasi sanguinem, autem coxæ
as-if sand, sometimes as-if blood, but the hips

dolent, que quæ sunt inter has que
are-in-pain, and (the parts) which are between these and
 super pubem, et frequentes ructus accedunt,
above the pubes, and frequent belchings accede (accompany),
 interdum biliosus vomitus, que extremæ partes
sometimes bilious vomiting, and the extreme parts
 frigescunt, crebra cupiditas urinæ, sed
become-cold, (there is) frequent desire (of voiding) urine, but
 est magna difficultas, et quod est excretum
there is great difficulty, and (that) which is excreted
 inde est simile aquæ, vel rufum vel pallidum, tamen
thence is like to water, or red or pale, yet
 est paulum levamenti in eo, vero alvus
there is little of relief in it, but the belly (motion)
 redditur cum multo spiritali, utique vitium
is rendered (discharged) with much wind, truly the vice
 est in renibus. At si destillat
(disease) is in the kidneys. But if (the urine) drops
 paulatim, vel si sanguis editur per hanc,
by-little-and-little, or if blood is issued by (with) this,
 et quædam cruenta sunt concreta per hanc,
and some bloody (matters) are concreted by (with) this,
 que id ipsum redditur cum difficultate,
and that itself is rendered (discharged) with difficulty,
 et interiores partes circa pubem dolent, vitium
and the interior parts about the pubes are-in-pain, the vice
 est in eadem vesica. Vero
(complaint) is in the same bladder. But (persons)
 calculosi cognoscuntur his indicîis: urina
afflicted-with-stone are known by these tokens: the urine
 redditur difficulter, que destillat paulatim,
is rendered difficultly, and drops by little-and-little,
 interdum etiam sine voluntate; eadem est arenosa;
sometimes even without the wish; the same is sandy;
 aut nonnunquam sanguis, aut aliquid cruentum, aut
or sometimes blood, or some (thing) bloody, or
 purulentum excernitur cum ea; que quidam reddunt
mattery is-excreted with it; and some render (void)

eam promptius recti, quidam resupinati,
it more-readily (being) erect, some lying-face-upward,
 que maxime ii, qui habent grandes calculos,
and mostly (especially) those, who have great calculi,
 quidam etiam inclinati, que levant dolorem,
some also being-inclined, and lighten the pain,
 extendendo colem. Quoque est sensus cujusdam
by extending the penis. Also there-is a feeling of some
 gravitatis in ea parte: atque ea augetur cursu,
heaviness in that part: and it is increased by running,
 que omni motu. Etiam quidam, cum torquentur,
and by every motion. Also some, when they are twisted
 implicant pedes inter se, vicibus
(in torture), infold the feet between themselves, the turns
 subinde mutatis. Vero feminae coguntur
occasionally being changed. But women are compelled
 scabere crebro oras suorum naturalium, manibus
to scratch frequently the borders of their privities, the hands
 admotis: nonnunquam si admoverunt digitum,
being-applied: sometimes if they have-applied the finger,
 ubi is urget cervicem vesicae, sentiunt
when it presses the neck of the bladder, they feel
 calculum.
the calculus.

At est vitium in pulmone his, qui
But there-is a vice (complaint) in the lungs to those, who
 excreant spumantem sanguinem. Fusa alvus
spit-out foaming blood. A poured (lax) belly
 gravidæ mulieri potest elidere partum.
to a heavy (pregnant) woman is-able to dash-out offspring
 Si lac profluit eidem
(to produce abortion). If the milk flows-forth to the same
 ex mamnis, quod gerit intus est
out-of the breasts, (that) which she bears within is
 imbecillum: duræ mammae testantur, illud esse sanum.
weak: hard breasts witness, that to be healthy.
 Frequens singultus, et continuus præter
Frequent hiccough, and continual (lasting) beyond

consuetudinem, significat jecur esse inflammatum. Si
custom, signifies the liver to be inflamed. If
 tumores super ulcēra desierunt subito esse, que id
swellings over ulcers have ceased suddenly to be, and that
 incidit a tergo vel distentio
happens from the back (behind) either distention (convulsion)
 vel rigor nervorum potest timeri: at
or stiffness of the nerves (tetanus) is-able to be-feared: but
 si id evenit a priore parte, vel
if that has happened from the former part (in front), either
 acutus dolor latēris, vel insania, est expectanda;
acute pain of the side, or insanity, is to be-expected;
 interdum etiam profusio alvi sequitur
sometimes also a flowing of the belly (diarrhœa) follows
 casum ejusmodi, quæ est tutissima inter hæc.
an accident of this-sort, which is most-safe among these
 Si ora venarum, solita fundere
(things). If the mouths of veins, accustomed to pour-out
 sanguinem, suppressa-sunt subito, aut aqua
blood, have-been-suppressed suddenly, either water
 inter cutem, aut tabes, sequitur.
between the skin (anasarca), or consumption, follows.
 Tabes subit eadem, si in dolore
Consumption succeeds the same (things), if in pain
 latēris suppuratio orta potuit non
of the side suppuration having-arisen has-been-able not
 purgari intra quadraginta dies. At si est longa
to be-purged within forty days. But if there-is long
 tristitia cum longo timore et vigilia, morbus atræ
sadness with long fear and watching, the disease of black
 bilis subest. Quibus sanguis sæpe fluit ex
bile is-at-hand. To whom blood often flows out-of
 naribus, his aut lienis tumet, aut sunt
the nostrils, to these either the spleen is swollen, or there-are
 dolores capitis: quos sequitur, ut quædam tanquam
pains of the head: which it follows, that some as-if
 imagines observentur ante oculos.
images (visual illusions) may be-presented before the eyes.

At quibus lienes sunt magni, his gingivæ
But to whom the spleens are great, to these the gums
 sunt malæ, et os olet, aut sanguis
are bad, and the mouth smells (foul breath), or blood
 prorumpit ex aliqua parte: si nihil quorum
bursts-forth out-of some part: if nothing of which
 evenit, est necesse mala ulcëra fiant
has-happened, it is necessary bad ulcers may-be-made
 in cruribus, et ex his nigræ cicatrices.
(may arise) in the legs, and out-of these black scars.

Quibus est causa doloris, neque sensus ejus,
To whom there-is a cause of pain, nor (and not) a feeling of it,
 his mens labat. Si sanguis
to these the mind totters (the senses are lost.) If blood
 confluit in ventrem, ibi vertitur in pus. Si dolor
has-flowed into the belly, there it is turned into matter. If pain
 transit a coxis, et ab inferioribus partibus in
goes-over from the hips, and from the lower parts into
 pectus, neque ullum malum signum accessit, est
the breast, nor any bad sign has acceded, there is
 periculum suppurationis eo loco. Quibus est
danger of suppuration in that place. To whom there is
 dolor aliqua parte sine febre, aut prurigo, cum rubore
pain in some part without fever, or itching, with redness
 et calore, ibi aliquid suppurat. Quoque
and with heat, there some (thing) suppurates. Also
 urina, quæ est parum-liquida in sano
urine, which is little-liquid (not at all clear) in a healthy
 homine, denuntiat aliquam suppurationem esse futuram
man, denounces some suppuration to be about-to-be
 circa aures.
about the ears.

Vero cum hæc quoque sine
But when (since) these (symptoms) also (even) without
 febre habëant notas vel latentium
fever may have (contain) marks either of hidden (things)
 vel rerum futurarum, sunt multo certiora, ubi
or of things about-to-be, they are by much more-sure, when

febris accessit; atque etiam signa aliorum
fever has acceded (accompanied); and also signs of other
morborum tum nascuntur. Ergo protinus
diseases then are born (arise). Therefore immediately
insania est timenda, ubi sermo alicujus
madness is to be-feared, when the speech of some (person)
est expeditior quam fuit sani,
is more-rapid than it has-been (of him being) healthy,
que subita loquacitas orta-est, et hæc ipsa
and sudden talkativeness has-arisen, and this itself
audacior solito: aut ubi quis spirat
more-bold than accustomed: or when any (person) breathes
raro et vehementer, que habet venas concitatas,
seldom and violently, and has the veins excited,
præcordiis duris et tumentibus. Quoque
the præcordia (being) hard and being-swollen. Also
frequens motus oculorum, et tenæbræ offusæ
frequent motion of the eyes, and, darknesses spread-over
oculis in dolore capitis; vel somnus ereptus,
to the eyes in pain of the head; or sleep snatched-away
(privation of sleep), nullo dolore substante, que vigilia
being-continued by night and by day; or the body
prostratum in ventrem contra consuetudinem,
being-prostrated upon the belly contrary-to custom,
sic ut dolor alvi ipsius coëgerit non
so that pain of the belly itself may have compelled not
id; item, corpore adhuc robusto, insolitus
that; also, the body (being) as-yet robust, an unusual
stridor dentium, sunt signa insanix. Etiam si
gnashing of the teeth, are signs of insanity. Also if
quid abscessit, et antequam
any (thing) has absceded (formed abscess), and before-that
suppuraret, febre adhuc manente, subsedit,
it might suppurate, the fever as-yet remaining, has subsided,
affert primum periculum furoris, deinde interitus.
it brings first danger of madness, afterwards of death.

Quoque acutus dolor auris, cum continūa que vehementi
Also acute pain of the ear, with continual and violent
 febre, sæpe turbat mentem; et interdum juniores
fever, often disturbs the mind; and sometimes younger
 moriuntur ex eo casu intra septimum
 (persons) die out-of that accident within the seventh
 diem; seniores tardius; quoniam experiuntur
 day; older (persons) more slowly; because they experience
 neque æque magnas febres, neque æque insaniunt:
neither equally great fevers, nor equally are-mad:
 ita sustinent dum is affectus
 thus they support while (until) that affection (malady)
 vertatur in pus. Quoque
 may be-turned into matter (may suppurate). Also
 mammæ mulieris suffusæ sanguine, testantur
 the breasts of a woman suffused with blood, witness
 furorem esse venturum. Autem quibus sunt
 madness to be about-to-come. But to whom there-are
 longæ febres, erunt his aut aliqui abscessus,
 long fevers, there will-be to these either some abscesses,
 aut dolores articulorum. Distentio nervorum
 or pains of the joints. Distention of the nerves (convulsions)
 instat his, faucibus quorum spiritus illiditur
 is-at-hand to those, to the fauces of whom the breath is-dashed
 in febre. Si angina finita-est subito, id malum
 in fever. If quinsey has-been-ended suddenly, that evil
 transit in pulmonem; que id sæpe occidit intra
 goes-over into the lungs; and that often kills within
 septimum diem: nisi quod incidat, sequitur ut
 the seventh day: unless which may happen, it follows that
 suppuret aliqua parte. Deinde post longam
 it may suppurate in some part. Afterwards after long
 resolutionem alvi, tormina; post hæc
 relaxation of the belly, gripings (arise); after these
 lævitas intestinum oritur; post nimias
 smoothness of the intestines (lientery) arises; after too-many
 destillationes, tabes; post dolorem latæris,
 droppings (rheums), consumption; after pain of the side,

vitia pulmonum; post hæc, insanïa; post
vices (complaints) *of the lungs*; *after these, insanity*; *after*
 magnos fervores corpöris, rigor nervorum,
great heats of the body, stiffness of the nerves (tetanus),
 aut distentiö; ubi caput est vulneratum,
or distention (convulsion); *when the head is wounded,*
 deliriüm; ubi vigilia torsit, distentiö
delirium; *when watching has-twisted* (afflicted), *distention*
 nervorum; ubi venæ super ulcëra
of the nerves (convulsion); *when the veins over ulcers*
 moventur vehementer, profluvium sanguinis.
are moved (agitated) *violently, a flowing of blood*

Vero suppuratiö excitatur pluribus morbis.
 (hæmorrhage). *But suppuration is excited by many diseases.*

Nam si longæ febres sine dolore remanent, sine
For if long fevers without pain remain, without
 manifesta causa, id malum incumbit in aliquam partem,
manifest cause, that evil settles into some part,

tamen in junioribus; nam in senioribus
yet in younger (persons); *for in older* (persons)

quartana fere nascitur ex
a quartan for-the-most-part is born (is produced) *out-of*

morbo ejusmodi. Eadem suppuratiö fit, si
a disease of that-sort. The same suppuration is-made, if

præcordia dura, dolentiä sustulerunt
the præcordia (being) *hard, being-in-pain have-taken-off*

non hominem ante vicesimum diem, neque sanguis
not the man before the twentieth day, nor blood

fluxit ex naribus, que maxime in
has flowed out-of the nostrils, and mostly (particularly) *in*

adolescentibus; utique si inter principia
young (persons); *truly* (especially) *if between the beginnings*

aut caligo oculorum, aut
 (at the commencement) *either dimness of the eyes, or*

dolores capitis fuerunt: sed tum aliquid
pains of the head have-been: but then some (thing)

abscedit in inferioribus partibus. Aut si præcordia
forms-abscess in the lower parts. Or if the præcordia

habent mollem tumorem, neque desinunt habere
have a soft swelling, neither cease to have (it)
 intra sexaginta dies, que febris hæret
within sixty days, and fever adheres (lasts)
 per omne id tempus: sed tum abscessus fit
through all that time: but then abscess is-made
 in superioribus partibus; ac si fit non inter
in the upper parts; and if it is made not among
 viscera ipsa, erumpit circa aures. Que
the viscera themselves, it bursts-forth about the ears. And
 cum omnis longus tumor fere
when (since) every long swelling for-the-most-part
 spectet ad suppurationem, is tendit eo
may-look (tend) to suppuration, that tends thither
 magis, qui est in præcordiis, quam is, qui
more, which is in the præcordia, than that, which
 in ventre; is, qui est supra umbilicum,
(is) in the belly; that, which is above the navel,
 quam is, qui infra. Etiam si est
than that, which (is) below (it). Also if there-is
 sensus lassitudinis in febre, aliquid
a feeling of weariness in a fever, some (thing)
 abscedit vel in maxillis, vel in articulis.
forms-abscess either in the jaws, or in the joints.
 Interdum quoque urina fertur tenuis
Sometimes also the urine is-borne (discharged) thin
 et cruda diu, sic ut sint aliã
and crude a long-time, so that there-may-be other
 salutaria signa; que ex eo casu plerumque
salutary signs; and out-of that accident for the most-part
 abscessus fit infra transversum septum
an abscess is-made below the transverse inclosure
 (quod Græci vocant $\delta\acute{\iota}\alpha\phi\acute{\rho}\alpha\gamma\mu\alpha$ (diaphragma).
(which the Greeks call the diaphragm.
 Etiam dolor pulmonum, si finitus-est neque
Also pain of the lungs, if it-has-been-ended neither
 per sputa, neque per detractiorem
by spittings (expectoration), nor by withdrawal

sanguinis, neque per rationem victus, interdum
of blood, nor by reason (rule) of diet, sometimes
 excitat aliquas vomicas aut circa
excites some imposthumes (vomicae) [either about
 vicesimum diem, aut circa tricesimum, aut
the twentieth day, or about the thirtieth, or
 circa quadragesimum, etiam nonnunquam circa
about the fortieth, also sometimes about
 sexagesimum. Autem numerabimus ab eo die,
the sixtieth. But we will number from that day,
 quo aliquis primum febricitavit, aut
in which some (person) first has been-in-fever, or
 inhorruit, aut sensit gravitatem ejus partis.
has shivered, or has felt heaviness of that part.
 Sed hae vomicae nascuntur modo
But these imposthumes (vomicae) are-born (arise) now
 a pulmone, modo a
(sometimes) from the lungs, now (sometimes) from
 contraria parte. Quod suppurat, concitat
the opposite part. (That) which suppurates, excites
 dolorem que inflammationem ab ea parte, quam
pain and inflammation from that part, which
 afficit; ipsum est calidius; et si aliquis
it affects; itself is more-hot; and if some (person)
 decubuit in sanam partem, videtur onerare
has lain-down upon the healthy part, it seems to burthen
 eam ex aliquo pondere. Etiam omnis
it out-of (with) some weight. Also every
 suppuratio, quae nondum patet oculis,
suppuration, which not-yet lies-open (evident) to the eyes,
 potest apprehendi sic: si febris dimittit
is-able to be-detected thus: if the fever dismisses
 non, que ea est levior interdum,
(departs) not, and it is lighter in-the-day-time,
 increscit noctu; multus sudor oritur; est
increases by night; much sweat arises; there-is
 cupiditas tussendi, et paene nihil exscreatur in
a desire of coughing, and almost nothing is spit-out in

tussi; ocūli sunt cavi; malæ rubent;
the cough; the eyes are hollow; the cheeks are-red;
 venæ sub lingua inalbescunt; ungues in
the veins under the tongue become-white; the nails in
 manibus fiunt adunci; digiti, que
the hands are-made (become) curved; the fingers, and
 maxime summi, calent;
mostly (especially) the highest (the tops), are-hot;
 sunt tumores in pedibus; spiritus trahitur
there-are swellings in the feet; the breath is-drawn
 difficilius; est fastidium cibi; pustulæ
more-difficultly; there-is a loathing of food; pustules
 oriuntur toto corpore. Quod si protinus
arise in the whole body. But-if immediately
 initio fuit dolor et tussis, et
in the beginning there-has-been pain and cough, and
 difficultas spiritus, vomica erumpet
difficulty of breathing, an imposthume will burst-forth
 vel ante vel circa vicesimum diem: si ista
either before or about the twentieth day: if those
 (symptoms) cœperint serius, est necesse
may-have-begun later, it is necessary
 quidem increscant; sed quo
indeed they may-increase; but by which (by how much)
 minus cito affecērint, eo
less quickly they may have-affected, by that (much)
 tardius solventur. Etiam pedes
more-slowly they will-be-loosed (disappear). Also the feet
 cum digitis que unguibus solent
with the fingers and nails are-accustomed
 nigrescere in gravi morbo: quod-si mors
to become-black in a heavy disease: but-if death
 consecuta-est non, et reliquum corpus
has-followed not, and the remaining body
 invaluit, tamen pedes decidunt.
has grown-healthy, yet the feet fall.

VIII. Sequitur, ut explicem propria
It follows, that I may unfold the proper (particular)

notas, quæ ostendant vel spem, vel pericūlum
marks, which may shew either hope, or danger
 in quoque genere morbi. Ex vesica
in each kind of disease. Out-of (after) the bladder
 dolenti, si purulenta urina processit, que
being-in-pain, if mattery urine has-gone-forth, and
 læve et album subsedit in ea,
a smooth and white (sediment) has settled in it,
 detrāhit metum. In morbo pulmonis, si
it withdraws fear. In a disease of the lungs, if
 dolor levatur sputo ipso, quamvis id est
the pain is-lightened by the spitting itself, although that is
 purulentum, tamen æger spirat facile,
mattery, yet the sick (person) breathes easily,
 exsercat facile, fert morbum ipsum non difficulter,
expectorates easily, bears the disease itself not difficultly,
 secunda valetudo potest contingere ei. Neque
favorable health is-able to happen to him. Nor
 convēnit terreri inter initia,
is-it-fit to be-frightened between the beginnings (at the
 commencement), si protinus sputum est mixtum
commencement), if immediately the spitting is mixed
 quodam rufo et sanguine, dummodo
with some red (matter) and with blood, provided-that
 edatur statim. Dolores
it may-be-uttered (expectorated) immediately. Pains
 latērum finiuntur, suppuratione facta, deinde
of the sides are ended, suppuration being-made, afterwards
 purgata intra quadragesimum diem. Si est
being purged within the fortieth day. If there-is
 vomica in jecinōre, et purum et album
an imposthume in the liver, and pure and white
 pus fertur ex ea, salus facilis
matter is-borne (discharged) out-of it, safety (is) 'easy
 ei: enim id malum est in tunica.
to it: for that evil is in the tunic' (the membrane).
 Vero ex suppurationibus eæ sunt tolerabiles,
But out-of suppurations those are supportable,

quæ feruntur in exteriorem, et acuntur :
which are-borne unto the outer (part), and are pointed :
 at ex iis, quæ procedunt intus, eæ
but out-of those, which proceed inwards, those (are)
 leviores, quæ afficiunt non eutem contra
more-light, which affect not the skin opposite
 se, que sinunt eam esse sine dolore, et
themselves, and permit it to be without pain, and
 ejusdem coloris, cujus reliquæ partes sunt.
of the same colour, of which the remaining parts are.

Quoque si pus, quacunque parte erumpit,
Also if the matter, in whatever part it bursts-forth,
 est læve, album, et unius coloris, est sine
is smooth, white, and of one colour, it is without
 ullo metu; et, quo effuso, febris
any fear; and, which (matter) being-poured-out, the fever
 protinus conquievit, que fastidium cibi et
immediately has rested, and loathing of food and
 desiderium potionis desierunt urgere. Etiam
desire of drink have-ceased to press (oppress). Also
 si quando suppuratio descendit in
if when (at any time) suppuration descends into
 crura, que sputum ejusdem
the legs, and the spitting (expectoration) of the same (person)
 factum-est purulentum pro rufo, est minus
has-been-made mattery instead-of red, there-is less
 periculi. At in tabe ejus, qui est
of danger. But in consumption of him, who is
 futurus salvus, sputum debet esse
about-to-be safe, the spitting (expectoration) ought to be
 album, totum æquale, que ejusdem coloris,
white, the whole equal, and of the same colour,
 sine pituita: que etiam si quid destillat
without phlegm: and also if any (thing) drops
 a capite in nares, oportet esse
from the head into the nostrils, it behoves (it) to be
 simile ei. Est longe optimum, febrem not
like to that. It is by far best, fever not

esse omnino, est secundum, esse tantulum
to be at-all; it is second (next), to be so little (fever),
 ut neque impediat cibum, neque faciat crebram
that neither it may hinder food, nor may make frequent
 sitim. In hac valetudine ea alvus est tuta, quæ
thirst. In this state-of-health that belly is safe, which
 coacta quotidie reddit, que ea
being-forced daily renders (voids), and those
 convenientia iis, quæ assumuntur; id
agreeing to those (things), which are-taken; that
 corpus, quod est minime tenue, que maxime
body (is safe), which is least thin, and most
 lati atque setosi pectoris, que cartilago
of a broad and of a hairy breast, and the cartilage
 cujus est exigua et carnosæ. Quoque si
of which is small and fleshy. Also if
 menstrua fuerunt suppressa mulieri super
the monthly (courses) have been suppressed to a woman upon
 tabem, et dolor mansit circa
(in addition to) consumption, and pain has remained about
 pectus et scapulas, que sanguis
the breast and shoulder-blades, and the (menstrual) blood
 erupit subito, morbus solet
has burst-forth suddenly, the disease is-accustomed
 levari: nam et tussis - minuitur, et sitis
to be lightened: for both the cough is-diminished, and thirst
 atque febricula desinunt. Sed fere
and the slight-fever cease. But for-the-most-part
 vomica erumpit iisdem, nisi
the vomica bursts-forth to the same, unless
 sanguis redit; quæ quo
the (menstrual) blood returns; which by which (by how much)
 cruentior, eo est melior. Autem aqua
more-bloody, by that (much) it is better. But water
 inter cutem est minime terribilis, quæ
between the skin (anasarca) is least terrible, which
 cœpit nullo morbo antecedente; deinde, quæ
has begun no disease preceding; afterwards, which

supervenit longo morbo : utique si
has come-upon to a long disease : truly (especially) if
 viscera sunt firma ; si spiritus facilis ;
the viscera are firm (in good state) ; if the breathing (is) easy ;
 si nullus dolor ; si corpus est sine calore
if (there is) no pain ; if the body is without heat,
 que est æqualiter macrum in extremis partibus ; si
and is equally lean in the extreme parts ; if
 venter mollis ; si nulla tussis ; nulla sitis ;
the belly (is) soft ; if (there is) no cough ; no thirst ;
 si lingua inarescit ne-quidem per
if the tongue becomes-parched not-even through (during)
 somnum ; si est cupiditas cibi ; si venter movetur
sleep ; if there-is a desire of food ; if the belly is-moved
 medicamentis ; si excernit per se mollia
(is affected) by medicines ; if it excretes by itself soft
 et figurata ; si extenuatur ; si urina
and figured (motions) ; if it is-made-thin ; if the urine
 mutatur et mutatione vini, et aliquibus
is-changed both by a change of wine, and some
 medicamentis epotis ; si corpus est sine lassitudine
medicines being-drunk ; if the body is without weariness
 et sustinet morbum facile ; siquidem in quo omnia
and supports the disease easily ; since-that in whom all
 hæc sunt, is est tutus ex toto ;
these (things) are, he is safe out-of whole (entirely) ;
 in quo plura ex his sunt, is est in bona
in whom very-many out-of these (things) are, he is in good
 spe. Vero si vitia articularum, ut podagræ
hope. But if vices (diseases) of the joints, as foot-gouts
 que chiragræ, tentarunt juvenes,
and hand-gouts, have-tried (attacked) young (persons),
 neque induxerunt callum, possunt
nor have-brought-on hardness (nodosity), they are-able
 solvi : que maxime leniuntur torminibus,
to be-loosed (cured) : and mostly are soothed by twistings
 et quocunque modo venter fluit.
(dysentery), and in whatever manner the belly flows (is relaxed).

Item morbus comitialis,
Also the disease belonging-to-the-assembly (epilepsy),
 ortus ante pubertatem, finitur non ægre: et
having-arisen before puberty, is ended not difficultly: and
 in quo sensus accessionis venientis incipit ab una
in whom a feeling of the accession coming begins from one
 parte corpōris, est optimum initium fieri
part of the body, it is best (for) the beginning to be-made
 a manibus ve pedibus; deinde, a lateribus;
from the hands or from the feet; afterwards, from the sides;
 pessimum inter hæc a capite. Atque in
the worst among these (things) from the head. And in
 his quoque ea prosunt maxime, quæ
these (cases) also those (things) profit most, which
 excernuntur per dejectiones. Autem dejectio
are-excreted by purgings. But a purging (flux)
 ipsa, quæ est sine febre, est sine ulla noxa; si
itself, which is without fever, is without any injury; if
 desinit celeriter; si ventre contrectato nullus motus
it ceases quickly; if the belly being handled no movement
 ejus sentitur; si spiritus sequitur extremam
of it is-felt; if wind follows the last (part of the)
 alvum. Ac ne-quidem tormina sunt
belly (stool). And not-even twistings (dysentery) are
 periculosa, si sanguis et strigmenta descendunt, dum
dangerous, if blood and strigments descend, while
 febris que cetæræ accessiones hujus
(so that) fever and other accessions (attendants) of this
 morbi absint: adëo ut etiã gravida
disease may-be-absent: so that even a heavy (pregnant)
 mulier, possit non solum reservari, sed etiã
woman, may-be-able not only to be-preserved but also
 reservare partum. Que prodest in hoc morbo,
to preserve the offspring. And it-profits in this disease,
 si aliquis jam processit ætate.
if some (person) already has-advanced in age.
 Contra, lævitas intestinorum
On the-other-hand, smoothness of the intestines (lientery)

depellitur a tenēris ætatibus; utique,
is driven-off more-easily from tender ages; truly
 (especially), si urina incipit ferri,
if the urine begins to be-borne (to flow),
 et corpus ali cibo. Et eādem
and the body to be-nourished with food. And the same
 ætas prodest in dolore coxæ, et humerorum,
age profits in pain of the hip, and of the shoulders,
 et in omni resolutione nervorum.
and in every relaxation of the nerves (paralysis).
 Ex quibus si coxa est sine torpore,
Out-of which if the hip is without numbness,
 si friget leviter; quamvis habet magnos dolores, tamen
if it-is-cold lightly; although it has great pains, yet
 sanatur et facile et mature: que resolutum
it-is-cured both easily and early: and a relaxed
 membrum, si nihilominus alitur, potest
 (paralytic) *limb, it nevertheless it is nourished, is-able*
 fieri sanum. Etiam resolutio oris
to be-made healthy. Also relaxation (paralysis) of the mouth
 finitur cita alvo. Que omnis dejectio
is-ended by a quick (loose) belly. And every purge
 prodest lippienti. At varix
profits to (a person) having-bad-eyes. But a varix (swollen
 ortus, vel subita profusio sanguinis
 vein) *having-arisen, or a sudden pouring of blood*
 per ora venarum, vel tormina,
through the mouths of the veins, or twistings (dysentery),
 tollunt insaniam. Dolores humerorum qui
take-away insanity. Pains of the shoulders which
 tendunt ad scapulas vel manus, solvuntur
tend to the shoulder-blades or the hands, are-loosed
 vomitu atræ bilis: et quisquis dolor
 (dissipated) *by a vomit of black bile: and whatever pain*
 tendit deorsum, est sanabilior. Singultus finitur
tends downwards, is more-curable. Hiccough is-ended
 sternutamento. Vomitus supprimit longas, dejectiones.
by sneezing. Vomiting suppresses long purgings.

Mulier vomens sanguinem liberatur, menstruis
A woman vomiting blood is-freed, the monthly (courses)
 profusis. Quæ purgatur non
being-poured-forth. (A woman) who is purged not
 menstruis, vacat omni pericûlo, si
by the monthly (courses), is-free from every danger, if
 fudit sanguinem ex naribus. Quæ
she has-poured blood out-of the nostrils. (She) who
 laborat locis, aut edit
labours (is afflicted) in the places (womb), or utters
 partum difficulter, levatur
(brings-forth) the offspring difficultly, is-lightened (alleviated)
 sternutamento. Æstiva quartana fere est
by sneezing. A summer quartan for-the-most-part is
 brevis. Cui est calor et tremor, delirium
short. To whom there-is heat and trembling, delirium
 est saluti. Tormina sunt bono
is to safety. Twistings (dysenteries) are to good
 lienosis. Denique, febris ipsa,
to (diseases) affecting the spleen. Lastly, fever itself,
 quod potest videri maxime mirum, sæpe est præsidio.
which is-able to seem most wonderful, often is to safeguard.
 Nam finit et dolores præcordiorum, si sunt
For it ends both pains of the præcordia, if they are
 sine inflammatione; et succurrit dolori jecinõris;
without inflammation; and it succours to pain of the liver;
 et tollit ex toto distentionem que
and it takes-away out-of whole (entirely) distention and
 rigorem nervorum, si cœpit
stiffness of the nerves (convulsions and tetanus), if it has-begun
 postea; et levat morbum tenuioris
afterwards; and it lightens (relieves) a disease of the thinner
 intestini ortum ex difficultate urinae, si
intestine having-arisen out-of (after) difficulty of urine, if
 movet urinam per calorem. At dolores
it moves (promotes) urine through heat. But pains
 capitis, quibus caligo oculorum, et rubor
of the head, to which dimness of the eyes, and redness

cum quadam pruriginē frontis accedunt, submoventur
with some itching of the forehead accede, are-removed
 profusione sanguinis, vel fortuita, vel etiā petita.
by a flowing of blood, either casual, or even sought.

Si sunt dolores capitis ac frontis ex
If there-are pains of the head and of the forehead out-of
 vento, vel frigore, aut æstu, finiuntur gravedine
wind, or cold, or heat, they are-ended by heaviness

et sternutamentis. Autem subitus horror
(nasal catarrh) and by sneezings. But sudden shivering
 exsolvit ardentem febrem, quam Græci vocant καυσὸδὴν
dissolves a burning fever, which the Greeks call causōdēs
 (kausōdē). Si aures sunt obtusæ in febre, si
or burning-heat. If the ears are blunted (dulled) in fever, if

sanguis fluxit e naribus, aut venter est resolutus,
blood has flowed out-of the nostrils, or the belly is relaxed,
 illud malum desinit ex toto. Nihil potest
that evil ceases out-of the whole (entirely). Nothing is-able

plus adversus surditatem, quam biliosa
(to effect) more against deafness, than a bilious
 alvus.

Quibus minuti abscessus cœperunt
belly (stool). To whom small abscesses have-begun
 esse in fistula urinæ, quos Græci
to be in the pipe of the urine (the urethra), which the Greeks
 vocant φύματα (phumata), sanitas redditur iis,
call health is restored to those,

ubi pus profluxit ea parte. Ex
when the matter has-flowed-forth by that part. Out-of

quibus cum pleræque proveniant per
which (changes) when (since) most may proceed by
 se, licet scire inter ea
themselves, it-is-lawful to know among those (remedies)

quoque quæ ars adhibet, naturam posse
also which art applies, nature to be-able

plurimum.

most (that nature is of most avail).

Contra, si caput dolet continenti
On-the-other-hand, if the head is-in-pain in continual

febre, neque reddit quidquam est
fever, nor renders (discharges) any (thing) it is
 malum atque mortiferum; que id periculum est
bad and fatal; and that danger is
 maxime puëris a septimo anno ad
mostly to boys (children) from the seventh year to
 quartumdecimum. In morbo pulmonis, si sputum
the fourteenth. In disease of the lungs, if the spitting
 fuit non primis diebus, deinde cœpit
has-been not in the first days, afterwards has-begun
 a septimo die, et mansit ultra septimum,
from the seventh day, and has-remained beyond the seventh,
 est periculosum; que quanto magis habet
it is dangerous; and by-how-much more it has
 colores mixtos, neque diductos
the colours mixed, nor (and not) drawn-apart (distinct)
 inter se, tanto deterius. Et tamen
among themselves, by-so-much worse. And yet
 nihil est pejus quam id edi
nothing is worse than (for) that to be-uttered (discharged)
 sincerum; sive est rufum, sive cruentum, sive
pure; whether it is red, or bloody, or
 album, sive glutinosum, sive pallidum, sive spumans;
white, or clammy, or pale, or frothy;
 tamen nigrum est pessimum. In eodem morbo
yet black is the worst. In the same disease
 tussis, destillatio sunt periculosa; etiam
cough, dropping are dangerous; also
 sternutamentum, quod alias
sneezing, which elsewhere (in other cases)
 habetur salutare; que est periculosissimum,
is held (accounted) salutary; and it is most-dangerous,
 si subita dejectio secuta est hæc. Vero
if sudden purging has followed these (things). But
 fere signa quæ consueverunt
for-the-most-part the signs which have-been-accustomed
 esse et mitiora, et asperiora in doloribus
to be both milder, and rougher in pains

pulmonis eādem in latēris. Si
of the lungs (are) the same in (pains) of the side. If
 cruentum pus exit ex jecinōre, est
bloody matter goes-out out-of the liver, it is
 mortifērum. At ex suppurationibus pessimæ sunt
fatal. But out-of suppurations the worst are
 eæ, quæ tendunt intus, sic ut decolorent
those, which tend inwards, so that they may discolour
 quoque exteriorem cutem: deinde ex iis
also the outer skin: afterwards out-of those
 quæ prorumpunt in exteriorem partem, sunt
which burst-forth into the outer part, are
 (those) quæ maxīmæ, que quæ
which (are) the greatest, and which (are)
 planissimæ. Quod-si febris quievit, ne-quidem
the flattest. But-if the fever has rested, not-even
 vomica rupta, vel pure emissio
the vomica being-burst, or the matter being emitted
 extrinsēcus, aut quamvis quievērit, tamen
outwards, or although it may-have-rested, yet
 repētit; item si est sitis, si fastidium
repeats (returns); also if there-is thirst, if loathing
 cibi, si venter liquidus, si pus est
of food, if the belly (stools are) liquid, if the matter is
 lividum et pallidum, si æger exscrēat
livid and pale, if the sick (person) expectorates
 nihil nisi spumantem pituitam, pericūlum est certum.
nothing unless frothy phlegm, danger is certain.
 Atque ex his suppurationibus quidem, quas morbi
And out-of these suppurations indeed, which diseases
 pulmonum concitarunt, senes fere
of the lungs have excited, old (persons) for-the most-part
 moriuntur: juniores ex ceteris. At in
die: younger (persons) out-of the rest. But in
 tabe mixtum purulentum sputum, assidua febris,
consumption a mixed mattery spitting, constant fever,
 quæ et eripit tempōra cibi, et affligit
which both snatches-away the times of food, and afflicts

siti, testatur pericūlum subesse in tenūi
by thirst, witnesses danger to be-at-hand in a thin
 corpore. Etiam si quis traxit
body. Also if any (person) has drawn (lingered)
 diutius in eo morbo, ubi capilli fluunt;
very-long-time in that disease, when the hairs flow (fall-off);
 ubi urina ostendit quædam subsidentia
when the urine shews some (things), settling
 similia aranæis; atque fœdus odor est in his;
like to-cobwebs; and a foul smell is in these;
 que maxime ubi dejectio orta est post hæc
and mostly when purging has-arisen after these
 moritur protinus; utique si est tempus
(things), he dies immediately; especially if it is the time
 autumnæ, quo fere resolvuntur
of autumn, in which for-the-most-part (those) are dissolved
 qui traxerunt cetæra parte
(die) who have-drawn (lingered) in the rest part
 anni. Item expuisse pus in hoc
of the year. Also to have-spit-out matter in this
 morbo, deinde desiisse spuere ex toto,
disease, afterwards to-have-ceased to spit out-of whole
 est mortiferum. Etiam vomicæ ve fistulæ
(entirely), is fatal. Also vomica or fistula
 solent oriri in adolescentibus ex eo
are-accustomed to arise in young (persons) out-of that
 morbo; quæ sanescunt non facile, nisi si
disease; which become-healthy not easily, unless if
 multa signa bonæ valetudinis subsecuta-sunt. Vero
many signs of good health have succeeded. But
 ex reliquis virgines sanantur minime facile,
out-of the rest young-women are-cured least easily,
 aut eæ mulieres quibus super
or those women to whom upon (in addition to)
 tabem menstrua suppressa-sunt.
consumption the monthly (courses) have-been-suppressed.
 Vero cui subitus dolor capitis ortus-est, dein
But to whom sudden pain of the head has-arisen, then

somnus oppressit, sic ut stertat, neque
sleep has oppressed, so that he may snore, nor
 expergiscatur, est pereundum intra
may-awake, it is to be perished (he must perish) within
 septimum diem; magis, cum cita
the seventh day; more (especially), when a quick (relaxed)
 alvus antecesserit non, si palpēbræ dormientis
belly may have-preceded not, if the eye-lids of (him) sleeping
 coeunt non, sed album oculorum apparet.
go-together (close) not, but the white of the eyes appears.
 Quos tamen mors ita sequitur, si id malum est
Whom yet death so follows, if that evil is
 non discussum febre. At aqua inter
not shaken-off (dissipated) by fever. But water between
 cutem si coepit ex acuto
the skin (anasarca) if it has begun out-of (after) an acute
 morbo, perducitur raro ad sanitatem; utique
disease, is-led seldom to health; especially
 si contraria iis, quæ posita-sunt
if (symptoms) contrary to those, which have-been-placed
 supra, subsequuntur. Quoque tussis æque tollit
above, succeed. Also cough equally takes-away
 spem: item, si sanguis erupit sursum que
hope: also, if blood has burst-forth upwards and
 deorsum, et aqua implevit medium corpus.
downwards, and water has filled the middle body (the
 middle of the body). Etiā quibusdam in hoc
Also to some (persons) in this
 morbo, tumores oriuntur, deinde desinunt, deinde
disease, swellings arise, afterwards cease, afterwards
 assurgunt rursus. Hi quidem sunt tutiores, si
rise again. These indeed are safer, if
 attendunt, quam qui comprehensi-sunt
they attend, than (those) who have-been-comprehended
 supra; sed fere opprimuntur
above; but for-the-most part they are-oppressed
 fiducia secundæ-valetudinis. Aliquis
by confidence of favourable-health. Some (person)

mirabitur illud jure, quomodo quædam
will wonder-at that (this) by right, how some (maladies)
 et simul affligant nostra corpōra, et
both at-the-same-time may-afflict our bodies, and
 tueantur aliqua parte. Nam sive aqua
may protect (them) in some part. For whether water
 inter cutem implevit quem, sive
between the skin (anasarca) has-filled any (person), or
 multum puris coit in magno abscessu,
much of matter has collected in a great abscess,
 effudisse omne id simul est æque
to have-poured-forth all that at-the-same-time is equally
 mortiferum, ac si quis sani corpōris
fatal, as if any (person) of healthy body
 factus-est exsanguis vulnere. Vero cui
has-been-made bloodless by a wound. But to whom
 articuli dolent, sic ut quædam tubercula ex
the joints are-in-pain, so that some tubercles out-of
 callo innata-sint super eos,
callous-substance may-have-grown-on over them,
 liberantur nunquam : que vitia
they are-freed never : and the vices (complaints)
 eorum quæ vel cœperunt in senectute, vel
of them which either have begun in old-age, or
 pervenerunt ab adolescentia in senectutem, ut
have-arrived from youth unto old-age, as
 possunt aliquando leniri sic finiuntur
they-are-able sometimes to be-soothed, so they are-ended
 nunquam ex toto. Quoque morbus
never out-of whole (entirely). Also the disease
 comitialis ortus post quintum
belonging-to-the-assembly(epilepsy)having-arisen after the fifth
 et vicesimum annum curatur ægre ; que is, qui
and twentieth year is cured difficultly ; and that, which
 cœpit post quadragesimum annum, multo
has-begun after the fortieth year, by much
 ægrius ; adco ut in ea ætate aliquid
more-difficultly ; so that in that age some (thing)

spei sit in natura, vix quidquam in
of hope may-be in nature, scarcely any (thing of hope) in
 medicina. In eodem morbo, si totum corpus
medicine. In the same disease, if the whole body
 afficitur simul, neque est sensus ante
is-affected at-the-same-time, neither there-is a feeling before
 mali venientis aliquis partibus, sed homo concidit
of the evil coming in some parts, but the man falls
 ex improviso, cujuscunque ætatis is est,
out-of unforeseen (unawares) of whatever age he is,
 vix sanescit: vero si aut mens est
scarcely he becomes-healthy: but if either the mind is
 læsa, aut resolutio nervorum facta, est
injured, or relaxation of the nerves (paralysis) made, there-is
 non locus medicinæ. Quoque si febris accessit
not place to medicine. Also if fever has acceded
 dejectionibus; si inflammatio jecinoris, aut
to purgings; if inflammation of the liver, or
 præcordiorum, aut ventris; si sitis
of the præcordia, or of the belly; if the thirst (is)
 immodica; si tempus longius; si
immoderate; if the time (duration has been) very-long; if
 alvus varia; si est cum dolore;
the belly (stools are) various; if it is (they are) with pain;
 etiam periculum mortis subest: que maxime si
also danger of death is-near: and most if
 tormina inter hæc cœperunt
the twistings (dysentery) among these (symptoms) have-begun
 esse vetëra. Que is morbus absumit maxime pueros
to be ancient. And that disease consumes mostly boys
 usque ad decimum annum: ceteræ ætates
(children) until to the tenth year: the other ages
 sustinent facilius. Quoque gravida mulier
support (it) more-easily. Also a heavy (pregnant) woman
 potest rapi casu ejusmodi;
is-able to be siezed (carried-off) by an accident of this-sort;
 atque etiamsi ipsa convaluit, tamen perdit
and even-if herself has recovered-health, yet she loses

partum. Quin etiā tormīna
 (her) offspring. But also twistings (dysentery)
 orsa ab atra bile sunt mortifera; aut si sub
 having-arisen from black bile are fatal; or if under
 his, corpore jam extenuato, nigra
 these (things), the body already being-made-thin, a black
 alvus subito profluxit. At lævitas
 belly (stool) suddenly has-flowed-forth. But smoothness
 intestinorum est periculosior, si dejectio
 of the intestines (lientery) is more-dangerous, if the purging
 est frequens; si venter profluit omnibus horis et
 is frequent; if the belly flows-forth in all hours both
 cum sono, et sine hoc; si similiter
 with sound (wind), and without this; if in-like-manner
 noctu et interdū; si, quod excernitur,
 by night and in-the-day-time; if (that), which is-excreted
 est aut crudum aut nigrum, et præter id, etiā
 is either crude or black, and besides that, also
 læve, et mali odoris; si sitis urget; si urina
 smooth, and of bad smell; if thirst oppresses; if the urine
 redditur non post potionem, quod evenit quia
 is rendered not after drink, which happens because
 tunc omnis liquor descendit non in vesicam, sed
 then all the liquor descended not into the bladder, but
 in intestina; si os exulceratur, facies rubet,
 into the intestines; if the mouth is ulcerated, the face is-red,
 et distinguitur quasi quibusdam maculis omnium
 and is distinguished (marked) as-if by some spots of all
 colorum; si venter est quasi fermentatus, pinguis atque
 colours; if the belly is as-if puffed, fat and
 rugosus; et si est non cupiditas cibi. Inter
 wrinkled; and if there-is not a desire of food. Among
 quæ cum mors sit evidens, est
 which (symptoms) when (since) death may-be evident, it is
 multo evidentiōr, si quoque id vitium est
 by much more-evident, if also that vice (malady) is
 jam longum; etiā maxime, si est in
 already long; also mostly (especially) if it is in

senili corpore. Vero si est morbus in tenuiore
an aged body. But if there-is a disease in the thinner
 intestino, vomitus, singultus, distentio nervorum
intestine, vomiting, hiccough, distention of the nerves (convul-
delirium sunt mala. At in arquato
sion), delirium are bad (symptoms). But in the arched
 morbo, est perniciosissimum, jecur
disease (jaundice), it is 'most-injurious, (for) the liver
 fieri durum. Si tormina
to be made (to become) hard. If twistings (dysentery)
 prehenderunt quos lievis habet male,
have seized (persons) whom the spleen has ill (afflicts),
 deinde versa-sunt vel in aquam inter cutem
afterwards have-been-turned either into water between the skin
 vel in lævitatem intestinorum,
(anasarca), or into smoothness of the intestines (lientery),
 vix ulla medicina subtrahit periculo. Nisi
scarcely any medicine withdraws from danger. Unless
 morbus tenuioris intestini resolutus-est
the disease of the thinner intestine has been-dissolved
 intra septimum diem occidit. Mulier ex
within the seventh day it kills. A woman out-of (after)
 partu est in periculo mortis, si cum febre premitur
child-birth is in danger of death, if with fever she is-pressed
 etiam vehementibus et assiduīs doloribus
also with violent with with constant pains
 capitis. Si est dolor atque inflammatio in iis
of the head. If there-is pain and inflammation in those
 partibus, quibus viscera continentur, est malum
parts, in which the viscera are-contained, it is a bad
 signum spirare frequenter. Si est longus dolor
sign to breathe frequently. If there-is long pain
 capitis sine causa, et transit in cervices que
of the head without cause, and it goes-over into the necks and
 scapulas, que rursus revertitur in caput, aut
shoulder-blades, and again returns into the head, or
 pervenit a capite ad cervices que
arrives (reaches) from the head to the necks and

scapulas, est perniciosus: nisi excitavit
shoulder-blades, it is injurious: unless it has excited
 aliquam vomitum, sic ut pus extussiretur;
some vomica, so that matter might-be-coughed-out;
 aut nisi sanguis prorupit ex aliqua parte, aut
or unless blood has-burst-forth out-of some part, or
 nisi multa porrigo in capite, ve pustulæ
unless much scurf (appears) on the head, or pustules
 ortæ-sunt toto corpore. Est æque magnum
have-arisen in the whole body. It is equally a great
 malum, ubi torpor atque prurigo pervagantur, modo
evil, when numbness and itching spread-over, now
 per totum caput, modo in parte; aut est
through the whole head, now in part; or there-is
 sensus quasi alicujus frigoris ibi; que ea
a feeling as-if of some cold there; and these (things)
 quoque perveniunt ad summam linguam.
also arrive (reach) to the highest tongue (tip of the
 Et cum sit auxilium in iisdem
tongue). And when there-may-be aid in the same
 abscessibus, tamen sanitas est eo difficilior,
abscesses, yet health is by this (much) more-difficult,
 quo minus sæpe illi subsequuntur
by which (by how much) less often those succeed
 sub his malis. Vero in doloribus coxæ, si
under these evils. But in pains of the hip, if
 torpor est vehemens, que crus et coxa
the numbness is violent, and the leg and hip
 frigescit; nisi alvus reddit non nisi coacta,
is-cold; unless the belly renders not unless being-forced,
 que id quod excernitur, est mucosum; que ætas
and that which is-excreted, is mucous; and the age
 ejus hominis jam excessit quadragesimum annum;
of that man already has exceeded the fortieth year;
 is morbus erit longissimus, que minimum
that disease will-be very-long, and (at) the least
 annuus; neque poterit finiri, nisi
lasting-a-year; nor will-it-be-able to be-ended unless

aut vere, aut autumno. Curatio est æque
either in the spring, or in the autumn. The cure is equally
 difficilis, in eadem ætate, ubi dolor humerorum
difficult, in the same age, when pain of the shoulders
 pervenit vel ad manus, vel tendit ad
arrives (reaches) either to the hands, or tends to
 scapulas, que creat torporem et dolorem,
the shoulder-blades, and creates numbness and pain,
 neque levatur vomitu bilis. Vero quacunque
nor is-lightened by a vomit of bile. But in whatever
 parte corporis aliquod membrum resolutum est,
part of the body some limb has been-relaxed
 si neque movetur, et emacrescit,
(paralysed), if neither it is moved, and becomes-emaciated,
 revertitur non in pristinum habitum; que eo
it returns not into former habit (condition); and by that
 minus, quo vetustius id
(much) less, by which (by how much) more old that
 vitium est, et quo magis est
vice (affliction) is, and by which (by how much) more it is
 in senili corpore. Que hiems et autumnus sunt non
in an aged body. And winter and autumn are not
 idonea tempora ad medicinam omni
proper times to the medicine (the treatment) to every
 resolutioni nervorum: aliquid potest
relaxation of the nerves (paralysis): some (thing) is-able
 sperari vere et æstate. Que is morbus
to be-hoped in spring and in summer. And that disease
 mediocris vix sanatur,
(being) moderate scarcely (with difficulty) is cured,
 vehemens potest non sanari. Etiam omnis
(being) violent it is-able not to be-cured. Also every
 dolor, qui procedit sursum, patet minus
pain, which proceeds upwards, lies open (is subject) less
 medicinæ. Si mammae emacuerunt subito
to medicine. If the breasts have-become emaciated suddenly
 gravidæ mulieri, est periculum abortus.
to a heavy (pregnant) woman, there is danger of abortion.

Si quæ neque pepërit, neque est gravida,
If (a woman) who neither has brought-forth, nor is heavy
 habet lac, defecta-est a menstruis.
(pregnant), has milk, she has-been-forsaken by the monthly
 Autumnalis quartana est fere
(courses). An autumnal quartan is for-the-most-part
 longa; quæ maxime quæ cœpit hieme
long; and mostly (particularly) which has-begun winter
 appropinquante. Si sanguis profluxit, deinde dementia
approaching. If blood has-flowed-forth, afterwards madness
 secuta-est cum distentione nervorum, est
has-followed with distention of the nerves (convulsion), there-is
 periculum mortis: quæ item, si distentio nervorum
danger of death: and also, if distention of the nerves
 oppressit purgatum medicamentis,
(convulsion) has-oppressed (a person) purged by medicines,
 et adhuc inanem; aut si in magno dolore, extremæ
and as-yet empty; or if in great pain, the extreme
 partes frigent. Neque is redit ad vitam, qui
parts are-cold. Neither he returns to life, who
 detractus-est ex suspendio, spumante
has-been-withdrawn out-of (from) hanging, with foaming
 ore. Nigra alvus, similis atro sanguini,
mouth. A black belly (stool), like to black blood,
 repentina, sive est cum febre, sive etiam
(being) sudden, whether it is with fever, or also
 sine hac, est perniciosa.
without this, is injurious.

IX. Indiciis cognitis, quæ vel consolentur nos
The tokens being-known, which either may console us
 spe, vel terrëant metu, est transeundum
with hope, or may frighten with fear, it is to-be-gone-over
 ad curationes morborum. Ex
(we must proceed) to the treatments of diseases. Out-of
 his quædam sunt communes, quædam propriæ:
these some are common (general), some proper
 communes, quæ opitulantur
(particular): the common (are those), which aid

pluribus morbis ; propriæ, quæ
to very-many diseases ; the proper (particular), which (relieve)
 singulis. Ante dicam de
to single (diseases). Before (first) I shall say concerning
 communibus ; ex quibus tamen
the common (general treatments) ; out-of which yet
 quædam sustinent non solum ægros, sed quoque
some support not only the sick, but also
 sanos ; quædam adhibentur tantum in adversa
the healthy ; some are-applied only in adverse
 valetudine. Vero omne auxilium corporis aut demit
health. But every aid of the body either takes-away
 aut adjicit aliquam materiam, aut evocat,
or adds some material, either calls-forth (draws-forth),
 aut reprimit, aut refrigērat, aut calefacit ; que
or represses, or cools, or heats ; and
 simul aut durat aut mollit. Quædam
at-the-same-time either hardens or softens. Some
 adjuvant non tantum uno modo, sed etiam duobus non
assist not only in one manner, but also in two not
 contrariis inter se. Materia demitur,
contrary among themselves. Material is taken-away,
 detractio sanguinis, cucurbitula, dejectione, vomitu,
by withdrawal of blood, by cupping, by purging, by vomiting,
 frictio, gestatione, que omni exercitatione
by friction, by gestation, and by every exercise
 corporis, abstinētia, sudore. De quibus
of the body, by abstinence, by sweat. Concerning which
 dicam protinus.
 (things) I shall say immediately.

x. Est non novum, sanguinem mitti,
It is not new, (for) blood to be-sent
 vena incisa : sed est novum, esse
(to be let), a vein being-incised : but it is new, to be
 pæne nullum morbum, in quo
(that there should be) almost no disease, in which
 mittatur non. Item mitti
it may be-sent (be let) not. Also (for it) to be-sent (to be let)

junioribus, et feminis non gerentibus uterum,
to younger (persons), and to women not bearing the womb
 est vetus: vero est non vetus, experiri
(not pregnant), is old: but it is not old, to try
 idem in puëris et in senioribus, et
the same in boys (children) and in older (persons), and
 quoque in gravidis mulieribus: siquidem
also in heavy (pregnant) women: since-that
 antiqui judicabant primam que ultimam ætatem
the ancients did judge the first and the last age
 posse non sustinere hoc genus auxilii; que
to be-able not to support this kind of aid; and
 persuaserant sibi, gravidam mulierem,
they had persuaded to themselves, a heavy (pregnant) woman,
 quæ curata-esset ita, esse facturam
who might-have-been-treated thus, to be about-to make
 abortum. Vero postea usus ostendit nihil
miscarriage. But afterwards practice shewed nothing
 esse perpetuum in his; que
to be perpetual (an universal rule) in these (things); and
 potius alias observationes esse adhibendas,
rather other observations to be to be-applied (ought to be
 ad quas consilium curantis
applied), to which the counsel (of the person) treating
 debëant dirigi. Enim interest, non quæ sit
may-ought to-be-directed. For it differs, not what may-be
 ætas, neque quid geratur intus in corpore, sed
the age, nor - what may be-borne within in the body, but
 quæ sint vires. Ergo si juvenis
what may-be the strengths. Therefore if a young (person)
 est imbecillus, aut si mulier, quæ est non gravis,
is weak, or if a woman, who is not heavy
 valet parum, sanguis mittitur
(pregnant), is-in-health little, blood is sent (is let)
 male: enim vis, si qua supererat,
ill: for the strength, if any was-remaining,
 crepta hoc modo, emoritur. At firmus
being-taken-away in this manner, dies-entirely. But a strong

puer, et robustus senex et grāvīda
boy (child), and a robust old (person) and a heavy (pregnant)
 muliēr valens, curatur tuto.
woman being-in-health, is-treated (in this manner) safely.
 Tamen imperitus medicus potest falli maxime
Yet an unskilful physician is-able to be-deceived mostly
 in his: quia fere
 (very much) in these (cases): because for-the-most-part
 minus robōris subest illis aetātibus; que est
less of strength is-present to those ages; and there-is
 opus quoque prægñanti muliēri post curationem
need also to a pregnant woman after treatment
 viribus, non tantum ad se, sed etiā ad
with strengths, not only to (for) herself, but also to (for)
 partum sustinendum. Autem non quidquid exigit
the birth to be-supported. But not whatever requires
 intentionem animi et prudentiā, est
straining (application) of the mind and prudence, is
 protinus ejiciendum; cum prægipua ars
immediately to be-rejected; when (since) the particular art
 in hoc sit, quæ numēret non annos, neque
in this may-be, which may number not the years, nor
 vidēat conceptionem solam, sed aestimet
may see (look-to) conception alone, but may reckon
 vires, et colligat ex eo, necne
the strengths, and may collect out-of that, whether-or-not
 possit superesse quod sustinēat
there-may-be-able to remain-over (that) which may support
 vel puērū, vel senem, vel duo corpōra
either a boy (child), or an old (person), or two bodies
 simul in una muliēre. Etiā intērest
at-the-same-time in one woman. Also there-is-a-difference
 inter valens et obesum corpus; inter tenūe et
between a strong and a fat body; between a thin and
 infirmum; sanguis abundat magis tenuioribus,
a weak (body); blood abounds more in thinner
 caro magis plenioribus. Itaque illi
 (persons), flesh more in fuller (persons). Therefore those

sustinent detractiōem ejusmodi facilius ;
 (former) support withdrawal of that-sort more-easily ;
 que aliquis, si est nimium-pinguis, affligitur
 and some (person), if he is too-fat, is-afflicted
 celerius ea. Que idēo vis
 more-quickly by it. And on-that-account the strength
 corpōris aestimatur melius ex venis, quam
 of the body is-reckoned better out-of (from) the veins, than
 ex specie.
 out-of (from) (its good) appearance.

Neque hæc solum sunt consideranda, sed
 Neither these (things) only are to be-considered, but
 etiā quod sit genus morbi ; utrum materia
 also what may be the kind of disease ; whether the material
 superans, an deficiens, læserit ;
 abounding, or being-deficient, may-have-hurt ;
 corpus sit corruptum, an intēgrum.
 (whether) the body may-be corrupted, or entire (sound).
 Nam si materia vel deest, vel est
 For if the material either is-wanting (is deficient), or is
 intēgra, istud est alienum :
 entire (sound), that (blood-letting) is foreign (injurious) :
 at si vel copia sui habet male, vel
 but if either the plenty of itself has ill (is hurtful), or
 est corrupta, succurratur nullo modo melius.
 it is corrupted, it-is-succoured in no manner better.

Ergo vehēmens febris, ubi corpus rubet, que
 Therefore a violent fever, when the body is-red, and
 venarum plenæ tument, requirit detractiōem
 the veins (being) full are-swollen, requires a withdrawal
 sanguinis : item morbi viscērum, resolutio
 of blood : also diseases of the viscera, relaxation (paralysis)
 et rigor, et distentiō nervorum ;
 and stiffness (tetanus), and distention (convulsion) of the nerves ;
 denique, quidquid strangulat fauces difficultate
 lastly, whatever strangles the fauces by difficulty
 spiritus ; quidquid supprimit subito vocem ;
 of the breathing ; whatever suppresses suddenly the voice ;

quisquis dolor est intolerabilis; et de quacunque
whatever pain is insupportable; and from whatever
 causa aliquid ruptum-est atque collisum intus;
cause some (thing) has-been-broken and dashed within;
 item malus habitus corporis, que omnes acuti morbi,
also bad habit of body, and all acute diseases,
 qui, ut dixi supra, nocent non infirmitate,
which, as I have-said above, hurt not by the weakness
 sed onēre. Tamen
 (deficiency), *but by the burthen* (abundance of blood). Yet
 potest fieri, ut morbus quidem
it is-able to be-done (it may happen), that the disease indeed
 desidēret id, autem corpus videatur posse
may want that, but the body may seem to be-able
 vix pati: sed tamen si nullum aliud auxilium
scarcely to suffer (it): but yet if no other aid
 apparēat, que qui laborat
may-appear, and (the person) who labours (is afflicted)
 sit periturus, nisi adjutus-fuerit
may-be about-to-perish, unless he shall-have-been-assisted
 quoque temeraria via; in hoc statu est
also (even) by a rash way; in this state it is (the duty)
 boni medici ostendere quam sit nulla
of a good physician to shew how there-may-be no
 spes sine detractioe sanguinis, que fateri,
hope without the withdrawal of blood, and to confess
 quantus metus sit in hac ipsa: et tum
how-great fear may-be in this (bleeding) itself: and then
 demum, si exigetur, mittere sanguinem.
at-length, if it shall be-required, to send (to let) blood.
 De quo oportet non dubitare in re
Concerning which it behoves not to doubt (hesitate) in a thing
 ejusmodi; enim est satius experiri anceps
of-that-sort; for it-is preferable to try a doubtful
 auxilium, quam nullum. Que id debet maxime fieri,
aid, than none. And that ought mostly to be-done,
 ubi nervi sunt resoluti; ubi aliquis
when the nerves are relaxed (in paralysis); when some

obmutuit subito; ubi strangulatur
 (person) *has-become-speechless suddenly; when he is-strangled*
 angina; ubi accessio prioris febris poene
by quinsy; when the accession of a former fever almost
 confecit, que est verisimile parem
has finished (destroyed a person), and it is probable an equal
 subsequi, neque vires ægri
 (one) *to succeed, nor the strengths of the sick (person)*
 videntur posse sustinere eam. Autem cum
seem to be-able to support it. But when (since)
 sanguis sit minime mittendus
blood may be least (by no means) to be sent (to be let)
 crudo, tamen
to a crude (person—to one who has not digested), yet
 ne-quidem id est perpetuum: enim
not-even that is perpetual (without exception): for
 neque res semper expectat concoctionem. Ergo
neither the thing always waits-for concoction. Therefore
 si aliquis decidit ex superiore parte,
if some (person) has-fallen-down out-of a very-high part,
 si contusus-est, si vomit sanguinem ex aliquo
if he has-been-bruised, if he vomits blood out-of some
 subito casu; quamvis sumpsit cibum paulo
sudden accident; although he has taken food by-a-little
 ante, tamen materia est demenda
before, yet material (blood) is to be-taken-away
 protinus ei, ne si subseuerit
immediately from him, lest if it shall-have-settled
 affligat corpus. Que idem erit dictum etiam
it may-afflict the body. And the same shall be said also
 in aliis repentinis casibus, qui strangulabunt. At
in other sudden accidents, which will strangle. But
 si ratio morbi patiat, tum
if the reason (nature) of the disease may-suffer, then
 demum, nulla suspitione cruditatis remanente, id
at-length, no suspicion of crudity remaining, that
 fiet. Que idēo secundus, aut tertius
shall-be-done. And on-that-account the second, or the third

dies adversæ valetudinis videtur aptissimus ei rei.
day of adverse health seems most-fit to that thing.
 Sed ut aliquando est necesse mittere sanguinem
But as sometimes it is necessary to send (let) blood
 etiam primo die, sic est nunquam utile post
even in the first day, so it is never useful after
 quartum diem, cum jam et materia
the fourth day, when already both the material
 exhausta-est spatio ipso, et corrupt
has-been-exhausted by the space itself, and has corrupted
 corpus, ut detractio possit facere id
the body, so-that withdrawal may be-able to-make that
 imbecillum, possit non integrum.
weak, it may-be-able not (to make it) entire (sound).
 Quod si vehemens febris urget, mittere sanguinem
But-if a violent fever oppresses, to send (let) blood
 in impetu ipso ejus, est jugulare hominem. Ergo
in the attack itself of it, is to butcher a man Therefore
 remissio est expectanda; si decrescit non, sed
the remission is to be-waited-for; if it decreases not, but
 desiit crescere, neque remissio speratur;
has ceased to increase, neither remission is-hoped (expected);
 tum quoque, quamvis peior, tamen sola occasio
then also, although a worse, yet the only opportunity
 est non omittenda.
is not to be-omitted.

Etiam ista medicina, ubi est necessaria,
Also that medicine (remedy), when it is necessary,
 fere est dividendum in biduum;
for-the-most-part is to be-divided into the-space-of-days;
 enim est satius primum levare ægrum,
for it is preferable first to lighten (relieve) the sick
 deinde perpurgare, quam
(person), afterwards to thoroughly cleanse (him), than
 omni vi effusa simul
all the strength being-poured-forth at-the-same-time
 fortasse præcipitare. Quod-si respondet
perhaps to precipitate (to destroy him). But-if it answers

ita in pure, que quoque aqua, quæ est
 (succeeds) *thus in matter, and also in water, which is*
 inter cutem, quanto magis est
between the skin (anasarca), by how-much more it is
 necesse respondëat in sanguine? Vero is debet
necessary it may answer in the blood? But it ought
 mitti ex brachio, si fit causa
to be-sent (let) out-of the arm, if it-is-done for-the-sake
 totius corporis; si alicujus partis,
of the whole body; if (for the sake) of some part,

ex ea parte ipsa, aut certe
 (it should be taken) *out-of that part itself, or certainly*
 quam-proxima; quia potest non mitti
in the-nearest-possible; because it-is-able not to be-sent
 ubique, sed in temporibus, in brachiis,
 (let) *every-where, but in temples, in the arms,*
 juxta talos. Neque ignoro, quosdam
 (and) *near the ancles. Nor am-I-ignorant, some*

dicere, sanguinem esse mittendum
 (persons) *to say, the blood to be to be-sent (that the blood*
 quam-longissime inde, ubi lædit;
 ought to be let) *as-far-as-possible thence, where it hurts*

enim sic cursum materiæ
 (from the part attacked); *for thus the course of the material*
 averti; at illo modo
 (blood) *to be-turned-away; but in that (former) manner*
 evocari in id ipsum, quod
to be-called-out (that it is directed) unto that itself, which

gravat. Sed id est falsum; enim primo exhaurit
burthens. But that is false; for at-first it-draws-off

proximum locum; autem sanguis sequitur ex
the nearest place; but the blood follows out-of
 ulterioribus eatenus, quatenus
the farther (more distant parts) so-far, as-far-as

emittitur; ubi is est suppressus, quia trahitur
it-is-emitted; when that is suppressed, because it-is-drawn
 non, ne-quidem venit. Tamen usus ipse videtur
not, (it) not-even comes. Yet practice itself seems

docuisse, si caput fractum-est, sanguinem
to have-taught, if the head has-been-broken, blood
 esse mittendum potius ex brachio; si
to be to be-sent (ought to be let) rather out-of the arm; if
 est quod vitium in humero
there-is any vice (attack) in the shoulder (blood should be
 ex altero brachio: credo, quia si
taken) out-of the other arm: I believe, because if
 quid cessarit parum, eae
any (thing) shall-have-yielded (happened) little (ill), those
 partes sunt opportuniores injuriæ, quæ jam
parts are more-convenient (liable) to injury, which already
 habent male. Quoque interdum
have (themselves) ill (are afflicted). Also sometimes
 sanguis avertitur, ubi prorumpens alia
the blood is-turned-away, when bursting-forth by another
 parte, emittitur alia; enim desinit fluere
(by one) part, it is-emitted by another; for it ceases to flow
 qua nolimus, objectis
(in the part) in which we wish-not, (things) being-opposed
 quæ prohibeant, alio itinere dato.
which may hinder, another way (issue) being-given.
 Autem cum sit expeditissimum
But when (although) it may-be most expeditious (easy)
 habenti usum, mittere sanguinem;
to (a person) having experience, to send blood (to bleed):
 tamen est difficillimum ignaro.
yet it is most-difficult to an ignorant (unskilful person).
 Enim vena est juncta arteriis, nervi his;
For the vein is joined to the arteries, the nerves to these;
 ita si scalpellus attingit nervum, distentio nervorum
thus if the lancet touches the nerve, distention of the nerves
 sequitur, que ea crudeliter consumit
(convulsions) follows, and that cruelly consumes
 hominem. At arteria incisa neque
(destroys) the man. But an artery being-cut-into neither
 coit, neque sanescit; interdum etiam, efficit ut
unites nor becomes-well; sometimes also, it causes that

sanguis erumpat vehementer. Quoque capita
blood may-burst-forth violently. Also the heads
 (orifices) venæ ipsius, si præcisa-est
of the vein itself, if it has-been-cut-through
 forte, comprimuntur, neque emittunt sanguinem.
by-chance, are-compressed, nor do-they-emit blood.
 At si scalpellus demittitur timide,
But if the lancet is sent-down (thrust) timidly,
 lacérat summam cutem, neque incidit venam.
it tears the highest skin, neither [cuts-into] the vein.
 Etiam nonnunquam ea latet, neque reperitur
Also sometimes it lies-hid, nor is-found
 facile. Ita multæ res faciunt id difficile
easily. Thus many things make that difficult
 inscïo, quod est facillimum perito.
to an ignorant (person), which is most-easy to a skilful
 (person). Vena est incidenda ad medium :
The vein is to be-cut-into to the middle :
 ex qua cum sanguis erumpit, oportet
out-of which when the blood bursts-forth, it behoves
 attendere ad colorem que habitum ejus.
to attend to the colour and habit (consistence) of it.
 Nam si is est crassus et niger, est vitiosus ;
For if it is thick and black, it is vicious
 que idëo effunditur utiliter : si
(bad); and on that-account it is-poured-out usefully : if
 rubet et pellucet, est intëger ; que ea missio
it is red and is-transparent, it is sound ; and that sending
 sanguinis adeo prodest non
of blood (bleeding) so profits not (is so far from profiting)
 ut etiam nocëat ; que is est
that even it may hurt ; and it (the blood) is
 protinus suppressendus. Sed id potest non
immediately to be-suppressed. But that is-able not
 evenire sub eo medico qui scit ex
to happen under that physician who knows out-of
 quali corpore sanguis sit mittendus.
what-sort-of body blood may-be to be-sent (let.)

Illud solet fieri magis, ut
That is-accustomed to be-done (to happen) more, tha
 sanguis profluat assidue æque nigre
the blood may-flow-forth constantly equally blac
 primo die: quod quamvis est ita, tamen
on the first day: which although it is so, yet
 fluxit jam satis, est suppressendus; qu
it has flowed already enough, is to be suppressed; an
 finis est semper faciendus ante quam anima
an end is always to be made before than the spiri
 deficiat. Que brachium deligandum
may fail (before fainting.) And the arm (is) to be-boun
 penicillo expresso ex frigida aqua superimposito:
a compress pressed-out out-of cold water being-placed-over:
 et postero die vena ferienda
and on the following day the vein (is) to be-struck
 adverso medio digito, ut recens coïtus
with the opposite middle finger, that the recent union
 ejus resolvatur, que fundat sanguinem
of it may-be-loosed-again, and it may pour blood
 iterum. Autem sive sanguis, qui fluxerat
again. But whether the blood, which had flowed
 crassus et niger initio, cœpit et
thick and black in the beginning, has begun both
 rubere et pellucere, primo sive secundo
to be-red and to be transparent, in the first or in the second
 die, satis materiæ detractum-est, atque
day, enough of material (blood) has-been-withdrawn, and
 quod superest, est sincerum: que idēo
(that) which remains-over, is pure: and on-that-account
 brachium deligandum protinus, que est habendum
the arm (is) to be-bound immediately, and is to be-had
 ita, donec cicatricula sit valens; quæ
(kept) so, until the small-scar may-be strong; which
 confirmatur celerrime in vena.
is strengthened very-quickly in a vein.

XI. Vero sunt duo genera cucurbitularum:
But there-are two kinds of cupping-instruments:

ænëum, et cornëum. Ænëa patet altëra
the brazen, and the horny. The brazen is open in the other
 parte; altëra est clausa: cornëa
(on one) part (side); the other is shut: the horny
 æque patens altëra parte, habet
equally being-open in the other (on one) part (side), has
 exigüum foramen altëra. Ardens linamentum
a small opening in the other. Burning lint
 conjicitur in ænëam, ac os ejus
is-cast into the brazen (one), and the mouth of it
 aptatur sic corpõri, que imprimitur, donec
is-fitted thus to the body, and is-impressed, until
 inhæreat. Cornëa imponitur corpõri per
it may adhere. The horny (one) is-placed-on to the body by
 se; deinde, ubi spiritus adductus est
itself; afterwards, when the air has-been-drawn
 ore ea parte, qua exigüum foramen
by the mouth by that part, in which the small opening
 est, que id cavum superclausum-est cera.
is, and that hollow has been-shut-over with wax,
 inhærescit æque. Utrâque fit recte non
it adheres equally. Each is-made rightly not
 tantum ex his generibus materiæ, sed etiam
only out-of these kinds of material, but also
 ex quolibet aliõ. Ac si cætëra defecerunt,
out-of any other. And if other (things) have-failed,
 quoque caliculus aut pultarius, compressioris
also (even) a little-cup or pipkin, of very-compressed
 oris, aptatur commõde ei rei.
(narrow) mouth, is-fitted conveniently to that thing.
 Ubi inhæsit, si cutis concisa-est ante
When it has-adhered, if the skin has-been-cut before
 scalpello, extrahit sanguinem; si est
with a lancet, it-draws-out blood; if (the skin) is
 intëgra, spiritum. Ergo ubi
whole, (it draws out) air. Therefore when
 materia, quæ est intus, lædit,
the material (blood), which is within, hurts,

solet imponi illo modo ;
it is accustomed to-be-placed-on in that (former) manner ;
 ubi inflatio hoc. Autem
when (there is) inflation in this (latter manner). But
 usus cucurbitulæ est præcipuus, ubi
the use of the cupping-instrument is particular, when
 vitium est non in toto corpore,
the vice (malady) is not in the whole body,
 sed in aliqua parte, quam exhauriri est
but in some part, which to be-drawn-off is
 satis ad valetudinem confirmandam. Que id
sufficient to the health to be-strengthened. And that
 ipsum est testimonium, sanguinem esse mittendum
itself is a testimony, blood to be to be sent
 etiam scalpello, ubi
(that blood ought to be let) even with a lancet, when
 succurritur membro, potissimum ab eâ parte,
it is-succoured to a limb, especially from that part,
 quæ jam læsa-est : quod nemo imponit
which already has-been-hurt : because no-one puts-on
 cucurbitulam diversæ parti, nisi cum
the cupping-instrument to a different part, unless when
 avertit profusionem sanguinis eo ; sed
he turns-away a flowing of blood by that ; but
 ei ipsi, quæ dolet, quæ quæ
to that (part) itself, which is-in-pain, and which
 est liberanda. Etiam potest esse opus
is to be-freed. Also there-is-able to be need
 cucurbitula in longis morbis, quamvis
with the-cupping-instrument in long diseases, although
 et aliquod spatium jam accessit iis ;
and (also) some space already has-acceded to them ;
 sive materia corrupta, sive
whether the material (humours) being-corrupted, or
 spiritu habente male ; quoque in quibusdam
the air having (itself) ill ; also in some
 acutis, si et corpus debet levare,
acute (diseases), if both the body ought to be-lightened,

et vires patiuntur non sanguinem mitti
and the strengths suffer not blood to be sent
 ex vena. Que ut id auxiliū
(to be let) out-of a vein. And as that aid (is)
 minus vehēmens, ita magis tutum; neque est
less violent, so (it is) more safe; nor is it
 unquam periculosum, etiamsi adhibetur in mediō
ever dangerous, even-if it is-applied in the middle
 impētū febris, etiamsi in cruditate. Que
attack of fever, even-if in indigestion. And
 idēo ubi est opus sanguinem
on-that-account when there-is need (for) blood
 mitti, si est præceps pericūlum vena
to-be-sent (let), if there-is headlong danger the vein
 incisa, aut etiā si est vitium in parte
being-cut, or also if there-is vice (disease) in part
 corpōris, est confugiendum
of the body, it is to be-fled (we must have recourse)
 potius huc: tamen cum eo, ut
rather hither: yet with this (consideration), that
 sciamus, ut hic nullum pericūlum, ita
we may know, as (there is) here no danger, so
 præsidium esse levius; nec
the safeguard (assistance) to be more-light; nor (any thing)
 posse succurrere vehementi malo, nisi auxiliū
to be-able to succour to a violent evil, unless an aid
 æque vehēmens.
equally violent.

XII. 1. Autem antiqui moliebantur dejectionem
But the ancients did effect purging
 variis medicamentis, que crebra ductione
with various medicines, and by frequent drawing
 alvi in pœne omnibus morbis: que
of the belly (clyster) in almost all diseases: and
 dabant aut nigrum veratrum, aut filicūlum,
they did give either black hellebore, or polypody
 aut squamam æris, quam Græci vocant λεπίδα
or the scale of brass, which [the Greeks call lepida

χαλκοῦ; aut lac marinæ lactucæ, gutta
 chalkou; or the milk of the marine lettuce, a drop
 cujus adjecta pani purgat abunde; aut
 of which added to bread purges abundantly; or
 vel lac asininum, vel bubulum,
 either milk belonging-to-the-ass, or belonging-to-the-cow,
 vel caprinum, que adjiciebant paulum salis
 or belonging-to-the-goat, and they did-add a little of salt
 ei, que decoquebant id, et iis
 to it, and they did-boil-down that, and those (things)
 sublatis, quæ coierant, cogeant
 being-withdrawn which had collected (curdled), they did force
 bibere quod supererat quasi serum. Sed
 (the sick) to drink what did remain as-if whey. But
 medicamenta fere lædunt stomachum: si
 medicines for-the-most-part hurt the stomach: if
 alvus fluit vehementius, aut ducitur
 the belly flows (is relaxed) too-violently, or is drawn
 sæpius, infirmat hominem. Ergo in adversa
 too-often, it weakens the man. Therefore in adverse
 valetudine medicamentum datur nunquam recte
 health medicine is-given never rightly
 causa ejus rei, nisi ubi is morbus
 for the sake of that thing, unless when that disease
 est sine febre; ut cum nigrum veratrum datur
 is without fever; as when black hellebore is-given
 aut vexatis atra bile, aut
 either (to persons) afflicted with black bile, or (to persons)
 insanientibus cum tristitia, aut iis, nervi
 being-insane with sadness, or to those, the nerves
 quorum resoluti-sunt aliqua parte. At
 of whom have-been-relaxed (paralysed) in some part. But
 ubi sunt febres, est satius assumere cibos
 when there are fevers, it is preferable to take foods
 que potiones causa ejus rei, qui
 and drinks for the sake of that thing, which
 simul et alant, et molliant
 at-the-same-time both may nourish, and may soften (loosen)

ventrem. Que sunt genera valetudinis,
the belly. And there-are kinds of (ill) health,
 quibus purgatio ex lacte convēnit.
to which a purging out-of milk is-fit.

2. Vero plerumque alvus est potius ducenda ;
But generally the belly is rather to be drawn
 quod, quoque temperatum ab Asclepiāde
(by clyster) ; which, also being-moderated by Asclepiades
 sic ut sit tamen servatum, vidēo præteriri
so that it may-be yet kept, I see to be-passed-over
 plerumque nostro secūlo. Autem ea moderatio, quam
generally in our age. But that moderation, which
 is videtur secutus (esse), est aptissīma : ut neque
he seems to have-followed, is most-fit : that neither
 ea medicina tentetur sæpe, et tamen
that medicine may be-tried often, and yet
 omittatur non semel, vel summum bis, si
it may-be-omitted not once, or (at) the highest twice, if
 caput est grave ; si oculi caligant ; si est morbus
the head is heavy ; if the eyes are-dim ; if there-is disease
 majoris intestini, quod Græci nominant κόλον ;
of the greater intestine, which the Greeks name kōlon ;
 si sunt dolores in imo ventre, aut in coxa ;
if there are pains in the lowest belly, or in the hip ;
 si quædam biliosa concurrant in
if some bilious (things) may meet (collect) into
 stomāchum, vel etiā pituita, ve aliquis humor similis
the stomach, or also phlegm, or some humour like
 aquæ confert se eo ; si spiritus
to water brings-together itself thither ; if the breathing
 redditur difficilīus ; si venter excernit nihil
is rendered more difficultly ; if the belly excretes nothing
 per se ; utique, si stercus est quoque juxta,
by itself ; especially, if the excrement is also near
 et remānet intus ; aut si æger
(in the rectum), and remains within ; or if the sick (person)
 dejiciens nihil sentit odorem,
casting-off (voiding by stool) nothing perceives the smel

stercōris ex suo spirītu; aut si
of the excrement out-of (from) his-own breath; or if (that)
 quod excernitur est corruptum; aut si prima inedia
which is-excreted is corrupted; or if the first fasting
 sustulit non febrem; aut si vires patiuntur
has taken-away not the fever; or if the strengths suffer
 non sangūinem mitti, cum sit
not the blood to be sent (to be let), when it may-be
 opus, ve tempus ejus rei præterit; aut si
necessary, or the time of that thing has passed; or if
 aliquis potavit multum ante morbum; aut si
some (person) has drunk much before the disease; or if
 is, qui purgatus-est sæpe vel sponte, vel
he, who has been-purged often either spontaneously, or
 casu, habet alvum suppressam subito. Vero
by accident, has the belly suppressed suddenly. But
 illa sunt servanda: ne
those (these things) are to be kept (observed): lest
 ducatur ante tertium
it may-be-drawn (that clysters be not used) before the third
 diem; ne ulla cruditate substantive; ne in
day; lest (not) any indigestion existing; lest (not) in
 corpore infirmo, que diu exhausto in adversa
a body weak, and a long-time exhausted in adverse
 valetudine; neve in eo cui alvus reddit
health; nor in him to whom the belly renders (voids)
 satis quotidie, ve qui habet eam liquidam; neve
sufficiently daily, or who has it liquid (flux); nor
 in impetu ipso accessionis, quia, quod
in the attack itself of an accession, because, (that) which
 est infusum tum, continetur alvo, que
is poured-in then, is retained in the belly, and
 regestum in caput, efficit multo gravius
being carried-back unto the head, causes by much heavier
 periculum. Vero æger debet
(more serious) danger. But the sick (person) ought
 abstinere pridie, ut sit aptus tali
to abstain the day-before, that he may-be fit for such

curationi : bibere calidam aquam aliquot horas
treatment : (he ought) to drink warm water some hours
 ante eodem die, ut superiores partes ejus
before on the same day, that the upper parts of him
 madescant. Tum pura aqua est, immittenda
may-be-moistened. Then pure water is to be sent-in
 in alvum, si sumus contenti levi
(injected) into the belly, if we are content with a light
 medicina; si paulo valentiori, mulsa; si
medicine; if with a little more-powerful, hydromel; if
 leni, ea in qua Græcum fœnum,
with a gentle (one), that in which Greek hay
 vel ptisana, vel malva
(fœnugreek), or unhusked-barley, or mallows
 decocta-sit; si causa reprimendi,
may-have-been-boiled-down; if for-the-sake of repressing
 ex verbenis. Autem aqua
(an astringent clyster), out-of vervains. But water
 marina, vel alia sale adjecto,
belonging-to-the-sea, or other (water) salt being-added,
 est acris; atque utraque est
is a sharp (stimulant or active clyster); and each is
 commodior decocta. Fit
more-convenient (beneficial) being-boiled-down. It-is-made
 acrior vel oléo, vel nitro, vel
more-sharp (stimulant or active) either oil, or nitre, or
 melle adjecto: que quo
honey being-added: and by which (by how much)
 acrior est, eo plus
more-sharp (more-active) it is, by that (much) more
 extrahit, sed sustinetur minus facile. Que oportet
it draws-out, but is-supported less easily. And it behoves
 id quod infunditur esse neque frigidum, neque
that which is-poured-in to be neither cold, nor
 calidum; ne lædat alterutro modo. Cum
hot; lest it may hurt in-one-or-other manner. When
 infusum-est quantum potest fieri, æger
it has-been-poured-in as much-as is-able to be-done, the sick

debet continere se in lectūlo, nec
 (person) ought to contain himself in little-bed, nor
 protinus cedere primæ cupiditati dejectionis :
 immediately to yield to the first desire of dejection

ubi est necesse, tum demum
 (going to stool) : when it is necessary, then at-length
 desiderare.

Que fere materia
 to sit-down (to go to stool). And for-the-most-part the matter

demta eo modo molit morbum
 taken-away in that manner softens (diminishes) the disease

ipsum, superioribus partibus levatis. Vero
 itself, the upper parts being-lightened (relieved). But

cum aliquis exhaust se desidendo,
 when some (person) has exhausted himself by sitting-down

quoties res coëgit, debet
 (going to stool), as-often-as the thing has forced, he ought

conquiescere paulisper; et, ne vires deficient,
 to rest a little-while; and, lest the strengths may-fail,

assumere cibum utique eo die :
 (he ought) to take food especially on that day :

qui sit dandus plenior, an exiguus,
 (whether) which may-be to-be-given more-full, or little,

oportebit aestimari ex ratione
 it will-behave to be-estimated out-of the reason (according to

ejus accessionis, quæ expectabitur,
 the nature) of that accession, which shall-be-expected,

aut erit non in metu.
 or shall-be not in fear.

XIII. At ut vomitus quoque in secunda valetudine
 But as vomiting also (even) in favorable health

est sæpe necessarius biliosis, sic etiam in iis
 is often necessary to bilious (persons), so also in those

morbis quos bilis concitavit. Ergo est necessarius
 diseases which bile has excited. Therefore it is necessary

omnibus qui vexantur horrore et tremore
 to all who are-afflicted with shivering and with trembling

ante febres; omnibus qui laborant
 before fevers; to all who labour (are afflicted)

cholëra; etiam omnibus insanientibus cum quadam
with cholera; also to all being-mad with some

hilaritate: et quoque oppressis morbo
merriment: and also (to persons) oppressed with the disease
 comitali.

Sed si est acutus
belonging-to-the assembly (epilepsy). But if it is an acute
 morbus, sicut in cholëra; si est febris, ut inter horrores,
disease, as in cholera; if there is fever, as among shiverings,
 est non opus asperioribus medicamentis;
there-is not need with very-rough (violent) medicines;

sicut dictum-est quoque supra in dejectionibus; que
as has-been-said also above in purgings; and

est satis ea sumi causa
it is sufficient (for) those (things) to be taken for the sake
 vomitus, quæ proposui esse-sumenda quoque
of a vomit, which I have proposed to be-taken also

sanis. At ubi longi que valentes
to (by) healthy (persons). But when long and powerful
 morbi sunt sine febre, ut comitalis
diseases are without fever, as (that) belonging-to-the-assembly

aut insanïa, quoque utendum-est
(epilepsy) or insanity, also it-must-be-used (we should use)

albo veratro. Id datur recte neque hieme,
with white hellebore. That is given rightly neither in winter,

neque æstate; optime, vere; tolerabiliter, autumnno.
nor in summer; best, in spring; tolerably, in autumn.

Quisquis erit daturus, debet ante agere
Whoever shall-be about-to-give (it), ought before to act

id, ut corpus
that (to take care of this), that the body (of the person)

accepturi sit humidius. Oportet scire
about-to-receive (it) may-be very-moist. It behoves to know

illud, omne medicamentum ejusmodi, quod datur
that (this), every medicine of this-sort, which is-given

potui non semper prodesse ægris, semper nocere
to (as) drink not always to profit to the sick, always to hurt

sanis.
to the healthy.

XIV. Vero Asclepiādes posuit adēo multa
But Asclepiades has placed so many (things)
 de frictione, tanquam inventor ejus, in
concerning friction, as-if the inventor of it, in
 eo volumine quod inscripsit
that volume which he has inscribed (intituled)
 Communium Auxiliorum, ut cum faceret
of Common Aids, that when he might make
 mentionem tantum trium, hujus, et aquæ,
mention only of three, of this, and of water,
 et gestationis; tamen consumsērit maximam
and of gestation; yet he may-have-consumed the greatest
 partem in hac. Autem oportet neque fraudare
part in this. But it behoves neither to defraud
 recentiores viros in iis, quæ vel
more-recent men in those (things), which either
 repererunt, vel secuti-sunt recte; et
they have-discovered, or have-followed rightly; and
 tamen reddere ea, quæ posita-sunt
yet to render those (things), which have-been-placed
 apud aliquos antiquiores,
(explained) with (in the works of) some more-ancient
 suis auctoribus. Neque potest
(physicians), to their authors. Nor is-it-able
 dubitari, quin Asclepiādes præcepērit
to be-doubted, but-that Asclepiades may have-directed
 quidem latius, et dilucidius, ubi
indeed more-widely (extensively), and more-clearly, when
 et quomodo esset utendum
and in what-manner it might-be to-be-used (we-ought-to-use)
 frictione; tamen reperērit nihil quod
with friction; yet may-have-discovered nothing which
 comprehensum-sit non paucis verbis a
may-have-been-comprehended not in a few words by
 vetustissimo auctore Hippocrate: qui dixit,
the most-ancient author Hippocrates: who has said,
 corpus durari frictione, si sit vehemens;
the body to be-hardened by friction, if it may-be violent;

molliri, si lenis; minui,
to be-softened, if gentle; to be-diminished (rendered thin)
 si multa; impleri, si modica.
if (it be) much; to be-filled (rendered fat) *if moderate*
 Ergo sequitur, ut sit utendum, aut
Therefore it follows, that it-may-be to be-used either
 cum corpus quod est hebes, sit
when a body which is dull (inactive), *may-be*
 adstringendum; aut quod induruit,
to be-astringed (braced); or (that) *which has-become-hard,*
 molliendum; aut digerendum in eo,
(is) to be-softened; or (it is) to be-digested in that (body),
 quod copia nocet; aut id
which plenty (superfluity) *hurts; or that (is)*
 alendum, quod est tenuē et infirmum.
to be-nourished, which is thin and weak.
 Tamen quas species si quis aestimet
Yet which species if any (person) *may estimate*
 curiosius, quod jam pertinet non ad medicum,
very-carefully, which now pertains not to the physician,
 intelliget facile, omnes pendere ex una
he will-understand easily, all to depend out-of (on) *one*
 causa, quæ demit. Nam et aliquid
cause, which takes-away (depletion). *For both some*
 adstringitur, eo demto, quod
(thing) is-astringed (braced), *that being-taken-away, which*
 interpositum, effecerat ut id laxaretur;
being-interposed, had-caused that that should-be-relaxed;
 et mollitur, eo detracto, quod creabat
and it-is-softened, that being-withdrawn, which did-create
 duri-tem; et impletur, non frictione ipsa, sed
hardness; and it is-filled, not by friction itself, but
 eo cibo, qui postea penetrat usque ad
by that food, which afterwards penetrates until to
 cutem, relaxatum quadam digestionē. Vero causa
the skin, being-relaxed by some digestion. But the cause
 diversarum rerum est in modo. Autem
of the different things (effects) *is in the manner. But*

intērest multum inter unctionem et frictionem
there-differs much between anointing and friction.

Enim oportet corpus ungi, que pertractari
For it behoves the body to be-anointed, and to be-handled

lenīter, etiā in acutis et recentibus
(rubbed) gently, even in acute and in recent

morbis; tamen in remissione, et ante cibum :
diseases; yet in the remission, and before food :

vero convēnit uti longa frictione, neque in
but it-is-fit to use with long friction, neither in

acutis neque increscentibus morbis : præterquam cum
acute nor in increasing diseases ; except when

somnus quæritur phreneticis ea. Autem
sleep is-sought for phrenetic (perons) by it. But

valetudo longa, et jam inclinata a
(ill) health long, and already inclined from

primo impētu, amat hoc auxiliū. Neque
the first attack, loves this aid. Nor

ignoro, quosdam dicere, omne auxiliū
am-I-ignorant, some (physicians) to say, every aid

esse necessariū increscentibus morbis, non cum
to be necessary to increasing diseases, not when

finiuntur jam per se. Quod habet se
they-are-ended already by themselves. Which has itself

non ita. Enim morbus, qui est habiturus finem
not so. For a disease, which is about-to-have an end

etiā per se, tamen potest tolli
even by itself, yet is-able to-be-taken-away

citius auxiliō adhibito, quod est necessariū
more-quickly aid being-applied, which is necessary

de duabus causis; et ut bona valetudo
from two causes; both that good health

contingat quam-primum; et ne morbus,
may-happen as-soon-as-possible; and lest the disease,

qui remānet, exasperetur iterum, quamvis de
which remains, may-be-irritated again, although from

levi causa. Morbus potest esse minus gravis,
light cause. A disease is-able to be less heavy,

quam fuërit, neque tamen idëo
than it-may-have-been, nor yet on-that-account
 solvi, sed inhærere quibusdam
to be-loosed (dissipated), but to adhere to some
 reliquïis, quas aliquod auxilium admotum discùtit.
remains, which some aid being-applied shakes-off

Sed, ut frictio adhibetur recte, quoque adversa
 (removes). *But, as friction is-applied rightly, also adverse*
 valetudine levata; sic est nunquam
health being-lightened (relieved); so it is never
 adhibenda febre increscente: verum, si potërit
to be-applied the fever increasing: but, if it-shall-be-able
 fieri, cum corpus vacabit ea ex
to be-done, when the body shall be-free from it out of
 toto; sin minus, certe
the whole (entirely); but-if less (if otherwise), certainly
 cum ea remisërit. Autem eãdem debet
when it may-have-remitted. But the same ought
 esse modo in totis corporibus, ut cum
to be now (sometimes) in whole bodies, as when
 aliquis infirmus implendus; modo
some weak (person) (is) to-be-filled; now (sometimes)
 in partibus, aut quia imbecillitas ejus membri
in parts, either because the weakness of that limb
 ipsius, aut quia alterius requirit id.
itself, or because (the weakness) of another requires that.
 Nam et frictio levat longos dolores
For both friction lightens (relieves) long pains
 capitis ipsius, tamen non in impëtü
of the head itself, yet not in the attack (paroxysm)
 doloris; et aliquod membrum resolutum
of pain; and some limb being-relaxed (paralysed)
 confirmatur frictione ipsius. Tamen longe
is-strengthened by the rubbing of it. Yet by-far
 sæpius aliud est perfricandum, quum
more-often another (one limb) is to be-rubbed-over, when
 aliud dolet: que maxime quum volumus
another is-in-pain: and mostly (especially) when we wish

evocare • materiã a summis aut a mediis
to call-forth the material from the highest or from the middle
 partibus corpõris; que idẽo perfricamus
parts of the body; and on-that-account we rub-over
 extremas partes. Neque sunt audiendi
the extreme parts. Nor are (those persons) to be-heard
 qui finiunt numero, quoties aliquis
(attended to) who end (define) in number how-often some
 sit perfricandus: enim id est
(person) may-be to be-rubbed-over: for that is
 colligendum ex viribus hominis;
to be-collected (determined) out-of the strengths of the man;
 ut, quinquagies potest esse satis, si quis
so that, fifty-times is-able to be enough, if any (person)
 est perinfirminus; si robustior, potest esse
is very-weak; if (he is) more-strong, it is-able to be
 faciendum ducenties: deinde inter utrumque,
to be-done two-hundred-times: afterwards between each,
 prout vires sunt. Quo fit
according-as the strengths are. By which it-is-made
 ut manus sint dimovendæ
(whence it happens) that the hands may-be to be-moved
 minus sæpe in muliere, quam in viro, minus sæpe in
less often in a woman, than in a man, less often in
 puëro vel sene, quam in juvène. Denique,
a boy (child) or in an old-person, than in a youth. Lastly,
 si certa membra perfricantur, est opus multa
if certain limbs are rubbed-over, there-is need with much
 que valenti frictione; nam neque totum corpus
and with powerful rubbing; for neither the whole body
 potest cito infirmari per partem, et est
is-able quickly to be-weakened through a part, and there-is
 opus quamplurimum materiæ digeri,
need (for) as-much-as-possible of material to be-digested
 sive levamus id membrum
(dispersed), whether we lighten (relieve) that limb
 ipsum, sive aliud per id. At ubi imbecillitas
itself, or another through that. But when weakness

totius corpōris exigit hanc curationem per
of the whole body requires this treatment through
 totum id, debet esse brevior et lenior; ut
the whole that, it ought to be shorter and more-gentle; that
 tantummodo emolliat summam cutem
only it may-soften the highest skin (the surface of the
 quo fiat facilius capax
skin), by which it may-be-made more-easily capacious (able
 novæ materiæ ex recenti
to contain) of the new material (formed) out-of recent
 cibo. Posui supra, ægrum esse
food. I have placed (stated) above, the sick (person) to be
 jam in malis ubi exterior pars corpōris
already in bad (symptoms) when the outer part of the body
 friget, interior calet cum siti. Sed tunc quoque
is cold, the inner is-hot with thirst. But then also
 unicum præsidiū est in frictione; quæ si evocavit
the only safeguard is in rubbing, which if it has called-farth
 calorem in cutem, potest facere locum
the heat unto the skin, is-able to make place (facilitate the
 alicui medicinæ.
employment) to some (other) medicine (treatment).

xv. Gestatio quoque est aptissima longis morbis et
Gestation also is most-fit to long diseases and
 jam inclinatis: que est
(to those) already inclined (to a termination): and it is
 utilis et iis corporibus quæ jam carent
useful also to those bodies which already are-free
 febre ex toto, sed possunt non
from fever out-of the whole (entirely), but are-able not
 adhuc exerceri per se; et iis quibus
as-yet to be-exercised by themselves; and to those to whom
 lentæ reliquæ morborum remanent, neque eliduntur
slow remains of diseases remain, nor are-dashed-out
 aliter. Asclepiades dixit
(destroyed) otherwise. Asclepiades has-said (that it is)
 utendum gestatione, etiam in recenti que vehementi,
to be used with gestation, also in a recent and violent,

que præcipue ardente febre, ad discutiendam eam :
and particularly in an ardent fever, to shake-off it :
 sed id fit periculose, que impetus ejusmodi
but that is-done dangerously, and an attack of that-sort
 sustinetur melius quiete. Tamen si quis
is-supported better by rest. Yet if any (person)
 volet experiri, experiatur sic, si lingua erit
shall wish to try, he may-try thus, if the tongue shall be
 non aspera, si nullus tumor, nulla durities, nullus odor
not rough, if no swelling, no hardness, no smell
 suberit visceribus, aut capiti, aut
shall be present to the viscera, or to the head, or
 præcordiis. Et ex toto, corpus
to the præcordia. And out-of the whole (generally), a body
 dolens debet nunquam gestari, sive id est
being-in-pain ought never to be-carried, whether that is
 in toto, sive in parte; nisi tamen
in the whole (body), or in part; unless however
 nervis solis dolentibus; neque unquam febre
the nerves alone being-in-pain; nor ever the fever
 increscente, sed in remissione ejus. Autem sunt
increasing, but in the remission of it. But there-are
 plura genera gestationis; quæ sunt adhibenda
very-many kinds of gestation; which are to be-employed
 et pro viribus et opibus cujusque;
both according-to the strengths and the resources of each;
 ne aut digérant nimis imbecillum
lest either they may digest (exhaust) too-much the weak
 hominem, desint humili.
man, may-be-wanting to the humble (poor man).
 Lenissima est navi, vel in portu,
The most-gentle (gestation) is in a ship, either in a harbour,
 vel in flumine; vehementior vel in alto mari, vel
or in a river; more-violent either in the deep sea, or
 lectica; etiamnum acrior vehiculo. Atque
in a litter; even-yet more rough in a carriage. And
 hæc ipsa possunt et intendi et
these (things) themselves are-able both to be-strained and

leniri. Si est nihil horum homīni, lectus
to be-eased. If there is nothing of these to a man, a bed
 debet suspendi, et moveri: si est
ought to be-suspended, and to be-moved (agitated): if there-is
 ne-quidem id, at certe fulmentum est subjiciendum
not-even that, but certainly a prop is to be-put-under
 uni pedi, atque ita lectus impellendus huc
to one foot, and thus the bed (is) to be impelled hither
 et illuc manu. Et
and thither (now this way, now that) by the hand. And
 quidem levīa genēra exercitationis conveniunt infirmis:
indeed light kinds of exercise are-fit to the weak:
 vero valentiora iis, qui liberati-sunt febre
but more-powerful to those, who have-been-freed from fever
 jam pluribus diebus; aut iis, qui sic sentiunt
already many days; or to those, who so feel
 initia gravium morborum, ut
the beginnings of heavy (severe) diseases, that
 vacent febre adhuc, quod fit
they may be-free from fever as-yet, which is-done (happens)
 et in tabe, et in vitiiis stomachi,
both in consumption, and in vices (complaints) of the stomach,
 et cum aqua subiit cutem, et
and when water has come-under the skin (anasarca), and
 interdum in regio morbo; aut ubi
sometimes in the royal disease (jaundice); or when
 quidam morbi, qualis comitialis
certain diseases, like-as (that) belonging-to-the-assembly
 est, qualis insania, manent sine febre,
(epilepsy) is, like-as insanity, remain without fever,
 quamvis diu. In quibus affectibus
although a long-time. In which affections (maladies)
 quoque ea genēra exercitationum sunt necessaria, quæ
also those kinds of exercises are necessary, which
 comprehendimus eo loco, quo præcepimus,
we have-comprehended in that place, in which we have directed,

quemadmodum sani, neque firmi homines,
in-what-manner healthy, nor (but not) strong men,
 gererent se.
should carry (conduct) themselves.

XVI. Vero sunt duo genera abstinentiæ; alterum,
But there-are two kinds of abstinence; the other
 ubi æger assumit nihil; alterum,
(the one), when the sick (person) takes nothing; the other,
 ubi non nisi quod oportet.
when (he takes) not unless (that) which it behoves (him).
 Primum, initia morborum desiderant famem
First, the beginnings of diseases require hunger
 que sitim: deinde morbi ipsi
and thirst: afterwards the diseases themselves
 moderationem, ut neque aliud
(require) regulation, that neither (any) other (thing)
 sumatur quam expedit, neque nimium ejus
may-be-taken than is-expedient, nor too-much of that
 ipsius. Enim neque convēnit satietatem esse
itself. For neither is-it-fit (for) satiety to be
 protinus juxta inediam. Quod-si est inutile
immediately near (after) fasting. But-if it is useless
 quoque sanis corporibus, ubi aliqua
(hurtful) also (even) to healthy bodies, when some
 necessitas fecit famem; quanto
necessity has made (caused) hunger; by-how-much
 inutilius est in corpore etiam ægro? Neque
more useless (hurtful) it is in a body even sick? Neither
 ulla res adjuvat magis laborantem,
any thing assists more (a person) labouring (a patient)
 quam tempesta abstinentiā. Intemperantes homines
than seasonable abstinence. Intemperant men
 apud nos, ipsi dant tempora cibi
among us, themselves give (prescribe) the times of food
 curantibus. Rursus alii,
(to those) treating (to the physicians). Again others,

remittunt tempora medicis pro dono, vindicant
remit (yield) the times to the physicians for a gift, claim
 modum sibi-ipsis. Credunt se
the manner (quantity) to themselves. They believe themselves
 agere liberaliter, qui relinquunt cetera arbitrio
to act liberally, who leave other (things) to the will
 illorum, sunt liberi in genere cibi; quasi
of them, (but) are free in the kind of food; as-if
 quaeratur, quid liceat medico, non
it may-be-sought, what may-be-allowed to the physician, not
 quid sit salutare ægro. Cui nocet
what may-be salutary to the sick (person). To whom it hurts
 vehementer, quoties peccatur, vel
violently, as-often-as it is sinned (it is erred), either
 tempore, vel modo, vel genere ejus,
in the time, or in the manner (quantity), or in the kind of that,
 quod assumitur.
which is-taken.

XVII. Sudor etiam elicitur duobus modis; aut
Sweating also is elicited in two manners; either
 sicco calore, aut balneo. Siccus calor est et calida
by dry heat, or by a bath. Dry heat is both of hot
 arenæ, et laconici, et clibanî, et quarandum
sand, and of the stove, and of the oven, and of some
 naturalium sudationum, ubi calidus vapor
natural sweatings (sweating places) where the hot vapour
 profusus terra includitur ædificio, sicut
poured-forth from the earth is inclosed in a building, as
 habemus in myrtetis super Baias. Præter hæc,
we have in the myrtle-groves above Baiæ. Besides these,
 movetur quoque sole, et exercitatione.
it-is-moved (excited) also by the sun, and by exercise.
 Que hæc genera sunt utilia, quoties humor
And these kinds are useful, as-often-as the humour
 intus nocet, que is est digerendus.
within hurts, and that is to-be-digested (must be dispersed).
 Ac quoque quædam vitia nervorum
And also some vices (complaints) of the nerves

curantur optime sic. Sed cet̃era possunt convenire
are cured best thus. But the rest are-able to be-fit
 infirmis: sol et exercitatio tantum robustioribus;
to the weak: sun and exercise only to the more-robust;
 qui sine febre, tamen tenentur vel
who (being) without fever, yet are held either
 inter initia morborum, vel etiam gravibus
among the beginnings of diseases, or even in heavy
 morbis. Autem est cavendum,
(severe) diseases. But it is to be-guarded-against,
 ne quid horum tentetur vel in febre, vel
lest any of these may-be-tried either in fever, or
 in cruditate. At usus balnei est duplex.
in indigestion. But the use of the bath is twofold.
 Nam modo, febribus discussis, facit
For now (sometimes), fevers being-shaken-off, it makes
 initium plenioris cibi que firmioris vini
a beginning of fuller food (diet), and of stronger wine
 valetudini; modo tollit febrem ipsam. Que
for health; now (sometimes) it takes-away the fever itself. And
 adhibetur fere ubi expedit summam
itis-applied for-the-most-part when it is expedient (for) the highest
 cutem relaxari, que corruptum
skin (the surface of the skin) to be relaxed, and the corrupted
 humorem evocari, et habitum corporis
humour to be-called-forth, and the habit of the body
 mutari. Antiqui utebantur eo timidius:
to be changed. The ancients did use with it very-fearfully:
 Asclepiades audacius. Autem neque ea res
Asclepiades more-boldly. But neither that thing
 debet terrere, si est tempesta; ante tempus,
ought to frighten, if it is seasonable; before the time,
 nocet. Quisquis liberatus est febre, simulatque
it hurts. Whoever has been-freed from fever, as-soon-as
 ea accessit non uno die, eo
it has-acceded (returned) not in one day, in that (day)
 qui est proximus post tempus accessionis,
which is the next after the time of the accession,

potest lavari tuto. At si ea
he-is-able to be-washed (to bathe) safely. But if that
 febris solita-est habere circuitum,
fever has-been-accustomed to have a circuit (circuitous
 sic ut revertatur tertio, ve
course) so that it may return on the third, or
 quarto die, quodocunque accessit
on the fourth day, whenever it has acceded (returned)
 non, balneum est tutum. Vero febribus adhuc
not, a bath is safe. But fevers as-yet
 manentibus, si hae sunt lentae quae lenes, habent
remaining, if these are slow and gentle, have
 male jam diu, ista medicina tentatur
ill (afflict) already a-long-time, that medicine is tried
 recte: tamen cum eo praecordia
rightly: yet with this (condition) (that) the praecordia
 sint ne dura, neve ea tumēant, neve
may be not hard, nor these may be-swollen, nor
 lingua sit aspera, neve ullus dolor sit
the tongue may be rough, nor any pain may be
 aut in medio corpore, aut in capite, neve
either in the middle body, or in the head, nor
 tum febris increseat. Et quidem in iis
then the fever may-increase. And indeed in those
 febribus quae habent certum circuitum, sunt
fevers which have a certain circuit, there-are
 duo tempora balnei; alterum ante
two times of a bath (bathing); the other (one) before
 horrorem; alterum, febre finita: vero in
the shivering; the other, the fever being-ended: but in
 iis qui detinentur diu lentis febriculis,
those who are detained a long-time in slow slight-fevers,
 cum aut accessio recessit ex-toto; aut, si
when either the accession has retired entirely; or, if
 id solet non, certe
that is-accustomed not (to happen), certainly (when)
 lenita-est, quae corpus est jam tam
it has-been-soothed, and the body is already so

intēgrum, quam-māxime solet esse in eo
sound, as-much-as is accustomed to be in that
 genere valetudinis. Imbecillus homo, iturus
kind of health. A weak man, being-about-to-go
 in balnēum, debet vitare, ne experiatur
into the bath, ought to avoid, lest he may experience
 aliquod frigus ante; ubi venit in balnēum,
some cold before; when he has come into the bath,
 resistere paulisper, que experiri, num
(he ought) to stop a little-while, and to try, whether
 tempora adstringantur, et an aliquis sudor
the temples may-be-bound, and whether some sweat
 oriatur: si illud incidit, hoc
may-arise: if that (former) has happened, this (latter)
 secutum-est non, balnēum est inutile eo
has-followed not, a bath is useless (injurious) in that
 die; que is est perungendus leniter, et
day; and he is to be-unctioned gently, and
 auferendus, que frigus vitandum omni
to be-borne-away, and cold (is) to be-avoided in every
 modo, et utendum abstinētia.
manner, and it must-be-used (he must use) with abstinence.
 At si, temporibus intēgris, sudor incipit
But if, the temples (being) sound, sweat begins
 primum ibi, deinde alibi, os
first there, afterwards elsewhere, the mouth (is)
 fovendum calida aqua; tum
to be-cherished (must be washed) with hot water; then
 est desidendum in solio; atque
it is to be-sat-down (he must sit) in the bath; and
 videndum quoque ibi, num sub primo
to be seen also (even) there, whether under the first
 contactu calidæ aquæ summa cutis
contact of the hot water the highest skin (the surface of
 inhorrescat: quod vix potest fieri
the skin) may shiver: which scarcely is-able to be-done
 tamen si priora cesserunt
(to happen) however if the former (symptoms) have-yielded

recte: autem id est certum signum
 (happened) *rightly: but that is a certain sign*
 balnēi inutilis. Vero aliquis
of a bath (being) useless (injurious). But some (person)
 cognoscat ex ratione suæ
may know out-of the reason (from the state) of his own
 valetudinis, an debēat perungi ante
health, whether he may-ought to be-anointed before (or)
 postea-quam demittat se in calidam aquam.
after-that he may lower himself into the hot water.
 Tamen fere, nisi præcipietur
Yet for-the-most-part, unless it shall-be-directed
 nominatim, ut fiat postea,
namely (particularly), that it may-be-done afterwards,
 corpus perungendum leniter sudore moto;
the body (is) to be-anointed gently the sweat being-moved
 (excited); deinde est demittendum in calidam
afterwards it is to be-lowered into the hot
 aquam. Atque hic quoque ratio
water. And here also a reason (regard)
 virium est habenda, neque committendum,
of the strengths is to be-held, nor (is it) to be-committed
 ut anima deficiat
(suffered), that the spirit may fail (that fainting take place)
 per æstum; sed is est auferendus
through the heat; but he is to be-borne-away
 maturius, que involvendus curiose vestimentis,
more-early, and to be-rolled carefully in vestments,
 ut neque frigus aspiret ad eum, et
that neither cold may-blow to him, and
 insudet ibi quoque, antequam assumat
he may-sweat there also, before-that he may-take
 aliquid. Quoque calida fomenta sunt milium,
some (thing.) Also hot fomentations are millet,
 sal, arena: quodlibet eorum calefactum, et
salt, sand: any-one of those being-made-hot, and
 conjectum in lintēum; si est opus minore
cast into a linen-towel; if there-is need with less

vi, etiam lintēum solum; at si
force (heat), even a linen-towel alone; but if (there is
 majore, tionēs extincti,
need) with a very-great (heat), fire-brands extinguished,
 que involuti panniculis, et sic circumdati. Quin etiam
and rolled in rags, and thus surrounded. But also
 utriculi replentur calido oleo; et aqua
small-leathern-bottles are-filled with hot oil; and water
 conjicitur in fictilia-vasa, quas vocant
is-cast (poured) into earthen-vessels, which they call
 lenticulas, a similitudine; et sal excipitur
little lentils, from the resemblance; and salt is-received
 linteo sacco, que demittitur in bene calidum
in a linen bag, and is-lowered into well (very) hot
 aquam; tum collocatur super id membrum, quod est
water; then it-is-placed over that limb, which is
 fovendum. Que duo ferramenta sunt juxta
to be-cherished (fomented). And two irons are near
 ignem, capitibus paulo latioribus; que alterum ex
the fire, with heads a little more-broad; and the other (one) out-of
 his demittitur in eum salem, et aqua aspergitur leviter
these is lowered into that salt, and water is-sprinkled lightly
 super; ubi coepit frigere, refertur ad ignem,
over; when it has begun to-be-cold, is-carried-back to the fire,
 et idem fit in altero; deinde
and the same is-done in (with) another; afterwards
 invicem in utroque: inter quæ
alternately in (with) each: between (during) which
 salsus et calidus succus descendit, qui
(things) a salt and hot juice descends, which
 opitulatur nervis contractis aliquo morbo. Est
aids to nerves contracted by some disease. It-is
 commune omnibus his, digerere id quod vel
common to all these, to disperse that which either
 onerat præcordia, vel strangulat fauces, vel nocet
burthens the præcordia, or strangles the fauces, or hurts
 in aliquo membro. Autem quando sit utendum
in some limb. But when it-may-be to be-used

(when one should use) (with) *each* *will-be-said* *in*
generibus morborum ipsis.
the kinds of diseases themselves.

XVIII. Cum dictum-sit de
When (since) it may-have-been-said concerning
iis, quæ juvant detrahendo; est veniendum
those (things), which profit by withdrawing; it-is to be-come
ad ea, quæ alunt, id est, cibum et
to those (things), which nourish, that is, food and
potionem. Autem hæc sunt communia præsidia non
drink. But these are the common safeguards not
tantum omnium morborum, sed etiam secundæ
only of-all diseases, but also of favourable
valetudinis: que pertinet ad rem, nosse
health: and it pertains to the thing, to have-known
proprietas omnium; primum, ut sani
(to know) the peculiarities of all; first, that the healthy
sciant quomodo utantur his; deinde,
may know how they may-use with these; afterwards,
ut liceat nobis, exsequentibus curationes
that it may-be-allowed to us, following-up the treatments
morborum, subjicere species rerum quæ erunt
of diseases, to suggest the species of things which will-be
assumendæ; que ne-sit necesse subinde
to be-taken; and it-may-not-be necessary occasionally
nominare eas singulas. Igñtur oportet
to name them each (severally). Therefore it behoves
scire omnia legumina, que panificia quæ sunt
to know all pulse, and the breads which are (made)
ex frumentis, esse valentissimi generis: (voco
out-of corns, to be of the strongest kind: (I call
valentissimum, in quo est plurimum alimenti:)
the strongest, (that) in which there-is the most of nutriment:)
item omne quadrupes animal natum domi;
also every four-footed animal born at-home (domestic);
omnem grandem feram, quales sunt capræa,
every great wild-animal like-as are the chevreuil,

cervus, aper, onāger; omnem grandem avem,
the stag, the boar, the wild-ass; every great bird,
 quales sunt anser, et pavo, et grus; omnes
like-as are the goose, and peacock, and the crane; all
 marinas bellūas, ex quibus est cetus, que
marine brutes, out-of which is the whale, and (those)
 quæ sunt pares his; item mel, et
which are equal (similar) to these; also honey, and
 casēum. Quo est minus mirum,
cheese. By which (whence) it is less wonderful,
 opus pistorium esse valentissimum,
the work belonging-to-the-baker (pastry) to be most-strong,
 quod constat ex frumento, adipe, melle, casēo. Vero
which consists out-of corn, fat, honey, cheese. But
 ex oleribus ea debent numerari in mediā
out-of pot-herbs those ought to be-numbered in the middle
 materiā, radices, vel bulbos quorum assumimus; ex
material (class), the roots, or bulbs of which we take; out-of
 quadrupedibus, leporem; omnes aves a minimis ad
quadrupeds, the hare; all birds from the least to
 phænicoptērum; item omnes pisces, qui patiuntur non
the flamingo; also all fishes, which suffer not
 salem, ve saliantur solidi. Vero imbecillissimam
salt, or are-salted solid (whole.) But the weakest
 materiā esse, omnem caulem olēris, et quicquid
material to be, every stalk of potherb, and whatever
 nascitur in caule, qualis est cucurbita, et
is-born (grows) on a stalk, like-as is the gourd, and
 cucūmis, et cappāris; omnia poma, olēas;
the cucumber, and the caper; all apples (fruits), olives,
 cochlēas, que item conchylia. Sed quamvis hæc
cockles, and also shell-fish. But although these (things)
 discreta-sint ita, tamen etiā, quæ
may have-been-distinguished thus, yet even (those), which
 sunt sub eadem specie, recipiunt magna discrimina;
are under the same species, receive great differences;
 que aliā res est vel valentior, vel infirmior
and another (one) thing is either stronger, or weaker

alia. Siquidem est plus alimenti in
than another. Since-that there-is more of nutriment in
 pane quam in ullo alio: tritūcum est firmius
bread than in any other (thing): wheat is stronger
 quam milium; id ipsum, quam hordēum; et
than millet; that (millet) itself, than barley; and
 ex tritico siligo firmissima, deinde
out-of wheat siligo (is) strongest, afterwards (next)
 simila, deinde cui nihil
simila, afterwards (that) from which nothing
 ademptum-est, quod Græci vocant *αὐτόπυρον*
has-been-taken-away, which the Greeks call
 (autopuron): ex polline est infirmior;
autopuros: (that) out-of pollen is weaker;
 cibarius-panis, infirmissimus. Vero ex leguminibus
common-bread, the weakest. But out-of pulse
 faba, vel lenticula valentior, quam pisum. Ex
the bean, or lentil (is) stronger, than the pea. Out-of
 oleribus rapa, quæ napi, et omnes bulbi, (in
pot-herbs the rape, and turnips, and all bulbs, (in
 quibus numero quoque cepam et allium) valentior
which I number also the onion and garlick) stronger
 quam pastinaca, vel quæ appellatur specialiter
than the parsnip, or what is-called specially
 radicula: item brassica et beta,
the little-root (the radish): also the cabbage and beet,
 et porrum firmior quam lactuca, vel cucurbita, vel
and leek stronger than the lettuce, or the gourd, or
 asparagus. At ex fructibus surculorum, uvæ, ficus,
asparagus. But out-of the fruits of twigs, grapes, figs,
 nuces, palmulæ, valentiores quam quæ
nuts, dates, (are) stronger than (those) which
 nominantur propriè poma: atque ex his ipsis,
are-named properly poma: and out-of these themselves,
 quæ succosa sunt firmiora quam quæ
(those) which (are) juicy are stronger than (those) which
 sunt fragilia. Item ex iis avibus quæ sunt
are brittle (mealy). Also out-of those birds which are

in mediâ specie, eâ valentiores quæ
in the middle species (class), those (are) stronger which
 nituntur pedibus quam quæ
strive (are supported) on feet than (those) which (are supported)
 magis volatu; et ex iis quæ fidunt
more by flight; and out-of those which trust
 volatu, quæ grandiores aves firmiores
in flight, (those) which (are) the greater birds (are) stronger
 quam quæ sunt minutæ, ut ficedula et
than (those) which are small, as the beccafico and
 turdus. Atque quoque eâ quæ degunt
the thrush. And also those which pass
 (their lives) in aqua præstant leviolem cibum
in the water afford a lighter food
 quam quæ habent non scientiam natandi.
than (those) which have not a knowledge of swimming.
 Vero inter domesticas quadrupèdes, suilla
But among domestic quadrupeds, (flesh) belonging-to-swine
 est levissima; bubula,
(pork) is the lightest; (that) belonging-to-the-ox (beef),
 gravissima: que item ex feris, quo
the heaviest: and also out-of wild-animals, by which
 (by how much) majus quodque animal, eo
greater each animal, by that (much)
 robustior est cibus ex eo. Que eorum piscium
stronger is the food out-of it. And of those fishes
 qui sunt ex mediâ materia, quibus
which are out-of the middle material, with which
 utimur maxime, tamen gravissimi sunt ex
we use most, yet the heaviest are (those) out-of
 quibus salsamenta (plur.) possunt quoque fieri,
which salt-fish are-able also to-be-made,
 qualis lacertus est; deinde, qui,
like-as the lacertus is; afterwards, (those) which,
 quamvis teneriores, tamen sunt duri, ut aurata,
although more-tender, yet are hard, as the-gilt-head,
 corvus, sparus, oculata; tum plani; post
the corvus, the sparus, the oculata; then flat (fish); after

quos etiamnum leviores lupi, que nulli,
which even-yet lighter (are) pike, and barbel,
 et post hos, omnes saxatiles. Vero
and after these, all (fish) living-among-rocks. But
 neque est discrimen tantummōdo in generibus
neither is the difference only in the kinds
 rerum, sed etiam in ipsis: quod
of things, but also in themselves (individually): which
 fit et ætate, et membro,
is-made (is caused) both by the age, and by the limb,
 et solo, et cœlo,
and by the soil, and by the heaven (atmosphere),
 et habitu. Nam omne quadrupes
and by the habit. For every four-footed
 animal, si est lactens, præstat minus
animal, if it is suckling, affords less
 alimenti; que item pullus cohortalis
of nutriment; and also a chicken fed-in-the-coop
 quo tenerior est: in piscibus
by which (by how much) more-tender it is: in fishes
 quoque mediâ ætas, quæ implevit nondum
also the middle age, which has filled not-yet
 summam magnitudinem. Deinde ex
the highest (utmost) greatness. Afterwards out-of
 eodem sue ungulæ, rostrum, aures,
the same swine the hoofs (feet), the snout, the ears,
 cerebellum; ex agno, ve hædo, totum
the brain; out-of the lamb, or the kid, the whole
 caput cum petiõlis, sunt aliquanto leviora
head with the little-feet, are by somewhat lighter
 quam cætëra membra: adëo ut possint
than the other limbs: so that they may-be-able
 poni in mediâ materiâ. Ex avibus,
to be-placed in the middle material. Out of birds,
 colla, ve alæ, recte adnumerantur
the necks, or the wings, rightly are-numbered-to
 infirmis. Vero quod pertinet ad solum,
the weakest. But what pertains to soil,

frumentum collinum est quoque valentius quam
 corn grown-on-hills is also stronger than

campestre : piscis editus inter saxa
 (that) grown-in-a-plain: a fish produced among rocks (is)

levior quam in arena; levior in
 lighter than (one produced) in the sand; lighter in

arena quam in limo; quo fit,
 sand than in mud; by which it is-made (it happens),

ut eadem genera sint graviora ex stagno,
 that the same kinds may-be heavier out-of a pond,

vel lacu, vel flumine: que qui vixit
 or a lake, or a river: and (a fish) which has-lived

in alto levior quam qui in
 in the deep (is) lighter than (one) which (has lived) in

vado. Etiam omne ferum animal levius
 a shallow. Also every wild animal (is) lighter

domestico; et quodcumque est natum
 than a domestic (animal); and whatever is born

humido caelo, quam quod
 in a moist heaven (atmosphere), than which (is born)

sicco. Deinde omnia eadem
 in a dry (atmosphere). Afterwards all the same (being)

pinguia, habent plus alimenti quam macra;
 fat, have more of nutriment than lean;

recentia, quam salsa; nova, quam vetusta. Tum
 fresh, than salted; new, than old (stale). Then

eadem res alit plus jurulenta
 the same thing nourishes more (being) juicy (stewed)

quam assa; magis assa, quam elixa. Durum
 than roasted; more roasted, than boiled. A hard

ovum est valentissimae materiae; molle, vel
 egg is of the strongest material; soft, or

sorbile, imbecillissimae. Que cum
 capable-of-being-supped-up, of the weakest. And when

omnia panificia sint firmissima, tamen
 (although) all breads may-be the strongest, yet

quaedam genera frumenti elota, ut alica, oryza,
 some kinds of corn being-washed, as alica, rice,

ptisāna, vel sorbitio, vel pulcūla facta ex
barley-groat, or gruel, or pottage made out-of
 iisdem, et quoque panis madens aqua,
the same, and also bread being moistened in water,
 potest adnumerari imbecillissimis.
is-able to be numbered to the weakest.

Vero ex potionibus, quæcunque est facta ex
But out-of drinks, whatever is made out of
 frumento, que item lac, mulsum, defrutum,
corn, and also milk, hydromel, defrutum,
 passum, vinum aut dulce, aut vehemens,
raisin-wine, wine either sweet, or violent (strong),
 aut mustum, aut magnæ vetustatis, est
either new-wine, or of great age, is
 valentissimi generis. At acetum, et id vinum
of the strongest kind. But vinegar, and that wine
 quod est paucorum annorum, vel austerum, vel
which is of few years (old), either rough, or
 pingue, est in mediâ materiâ:
fat (rich), is in the middle material (class):
 que idēo alterius generis debet
and on-that-account (drink) of other kind ought
 nunquam dari infirmis. Aqua est imbecillissima
never to be given to the weak. Water is the weakest
 omnium. Que potio ex frumento est
of all. And drink (made) out of corn is
 firmior, quo frumentum ipsum
stronger, by which (by how much) the corn itself
 fuit firmius: firmior ex eo vino
was stronger: (drink is) stronger out-of that wine
 quod natum-est bono solo quam quod
which was-born (grown) on a good soil than (that) which
 tenui; que quod
(has been grown) on a thin (soil); and which (has been
 temperato cœlo, quam quod
grown) in a temperate heaven (atmosphere), than which
 aut nimis-humido, aut nimis-sicco,
(has been grown) either in a too-moist, or in a too-dry,

que aut nimium-frigidus, aut calidus.
 and either in a too-cold, or hot (atmosphere).
 Mulsum est eo valentius, quo
Hydromel is by that (much) stronger, by which (by how
much) habet plus mellis; defrutum, quo
much) it has more of honey; defrutum, by which
(by how much it is) magis incoctum; passum, quo
(by how much it is) more boiled; raisin-wine, by which
est ex sicciore uva.
(by how much) it is (made) out-of a dryer grape.
 Pluvialis-aqua est levissima; deinde
Rain-water is the lightest; afterwards (water)
fontana; tum ex flumine;
belonging-to-a-fountain; then (water) out-of a river;
tum ex puteo; post hæc ex nive, aut
then out-of a well; after these (things) out-of snow, or
glaciæ; gravior his ex lacu;
ice; heavier than these (is water) out-of a lake;
gravissima ex palude. Etiam cognitio
the heaviest (is that) out-of a marsh. Also the knowledge
est facilis, et necessaria requirentibus
is easy, and necessary to (those) seeking-into
naturam ejus. Nam levis apparet
the nature of it. For light (water) is-apparent
pondere; et ex iis quæ sunt
by the weight; and out-of those (waters) which are
pares pondere, quæque est eo melior,
equal in weight, each is by that (much) better,
quo celerius et calēfit
by which (by how much) more-quickly both it becomes-hot
et frigescit, que quo celerius
and becomes-cold, and by which (by how much) more-quickly
legumina percoquantur ex ea. Vero fere
pulse are cooked out-of it. But for-the-most-part
sequitur, ut, quo valentior quæque
it follows, that, by which (by how much) stronger each
materia est, eo minus facile
material is, by that (much) less easily

concoquatur; sed si concocta-est,
it may-be-concocted; but if it has been-concocted,
 alat plus. Itaque est utendum
it may nourish more. Therefore it is to be-used (we
should use) genēre materiæ pro
with a kind of material according-to
 viribus; que modus omnium
the strengths; and the manner (quantity) of all (is)
 sumendus pro genēre. Ergo imbecillis
to be-taken according-to the kind. Therefore to weak
 hominibus est opus infirmisimis rebus; mediā
men there-is need with the weakest things; a middle
 materiā sustinet optime mediocriter firmos;
material supports best moderately strong (persons);
 et validissima est apta robustis. Deinde aliquis
and the strongest is fit to the robust. Afterwards some
 (person) potest assumere plus ex levioribus:
is-able to take more out-of the lighter
 (aliments): debet temperare sibi magis in
he ought to moderate to himself more in
 iis quæ sunt valentissima.
those which are strongest.
 XIX. Neque sunt hæc sola discrimina; sed
Nor are these the only differences; but
 etiam aliæ res sunt boni succi, aliæ
also other (some) things are of good juice, others
 mali; quas Græci vocant εὐχύλους (euchulous)
of bad; which the Greeks call (well-juiced)
 vel κακοχύλους (kakochulous); aliæ lenes,
or (ill-juiced); others (are) gentle (mild),
 aliæ acres; aliæ faciunt crassiorem pituitam in
others acrid; others make a thicker phlegm in
 nobis, aliæ tenuiorem; aliæ sunt idoneæ
us, others a thinner; others are proper
 stomacho, aliæ sunt alienæ: que item
for the stomach, others are foreign (unfit): and also
 aliæ inflant, aliæ absunt ab hoc;
others inflate, others are-absent from this (have not that

aliæ calefaciunt, aliæ refrigerant; aliæ
 effect); others make-hot, others cool; others
 acescunt facile in stomacho, aliæ corrumpuntur
 become-acid easily in the stomach, others are-corrupted
 non facile intus; aliæ movent alvum,
 not easily within; others move (relax) the belly,
 aliæ supprimunt; aliæ citant urinam, aliæ
 others suppress (it); others excite urine, others
 tardant; quædam movent somnum, quædam
 retard (it); some move (promote) sleep, some
 excitant sensus. Omnia quæ sunt
 excite (rouse) the senses. All which (things) are
 noscenda idè, quoniam aliud
 to be-known on-this-account, because another (one thing)
 convēnit alii vel corpōri vel
 is-fit to another (to one) either body or
 valetudīni.
 health (another to another).

xx. Boni succi sunt tritīcum, siligo,
 (Aliments) of good, juice are wheat, siligo,
 alica, oryza, amyllum, tragum, ptisāna, lac,
 alica, rice, amyllum, tragum, barley-groat, milk,
 mollis casēus, omnis venatiō, omnes aves, quæ
 soft cheese, all venison, all birds, which
 sunt ex mediā materiā; quoque eæ
 are out-of the middle material (class); also those
 ex majoribus, quas nominavi supra: mediū
 out-of the greater, which I have-named above: the middle
 inter tenēros que duros pisces, ut mullus,
 between the tender and the hard fishes, as the barbel,
 et lupus: verna lactuca, urtica,
 and the pike: vernal (spring) lettuce, the nettle,
 malva, cucūmis, cucurbita, ovum
 the mallow, cucumber, gourd, an egg
 sorbile, portulaca, cochlæa, palmulæ:
 capable-of-being-supp'd, purslane, cockles, dates:
 ex pomis quodcunque est neque acerbum
 out-of fruits whatever is neither bitter

neque acĭdum : vinum dulce, vel lene,
nor sour : wine sweet, or gentle (mild),

passum, defrūtum, olĕæ, quæ servatæ sunt
raisin-wine, defrutum, olives, which have-been-preserved

in alterŭtro ex his duobus : vulvæ,
in in-one-or-other out-of these two (liquors): the wombs,

rostra, que truncŭli suum, omnis
the snouts (cheeks), and the pettitoes of swine, all

pinguis caro, omnis glutinosa, omne jecur.
fat flesh, all glutinous (flesh), all liver.

XXI. Vero mali succi sunt, milĭum, panĭcum,
But (aliments) of bad juice are, millet, panic,

hordĕum, legumĭna, permacra domestĭca caro, que
barley, pulse, very-lean domestic flesh, and

omnis salsa caro, omne salsamentum, garum,
all salted flesh, all salt-provision, lobster-pickle,

vetus casĕus, siser, radicŭla, rapa,
old cheese, the skirret, the little-root (radish), rapes,

napi, bulbi, brassĭca, que etiā magis cyma
turnips, bulbs, cabbage, and also more the sprout

ejus, asparāgus, beta, cucŭmis, porrum, eruca,
of it, asparagus, beet, cucumber, the leek, rocket,

nasturtĭum, thymum, nepĕta, satureĭa, hyssopum,
cress, thyme, cat-mint, savoury, hyssop,

ruta, anethum, fenicŭlum, cuminum, anisum, lapāthum,
rue, dill, fennel, cumin, anise, dock,

sinapi, allĭum, cepa, lienes, renes, intestina,
mustard, garlick, onion, the spleens, kidneys, intestines,

quodcunque pomum est acidum, vel acerbum,
whatever fruit is acid, or bitter,

acetum, omnia acĭa, acĭda, acerba, olĕum,
vinegar, all acrid, acid, bitter (things), oil,

quoque pisces saxatiles, que omnes, qui
also fishes frequenting-rocks, and all, which

sunt ex tenerrĭmo genĕre, aut qui rursus
are out-of the most-tender kind, or which again

sunt nimĭum-duri que virosi, ut
are too-hard and poisonous (ill-savored), as (those are)

fere quos stagna, lacus, ve limosi
for-the-most-part which ponds, lakes, or muddy
 rivi ferunt, que qui excesserunt
rivers bear (produce), and which have-gone-forth (grown)
 in nimiam magnitudinem.
into too-much greatness.

xxii. Autem lenes sunt sorbitio,
But the gentle (mild aliments) are broth,
 pulticula, lagānum, amyllum, ptisana, pinguis
pottage, fritter, amylum, barley-groat, fat
 caro, et quæcunque est glutinosa: quod
flesh, and whatever (flesh) is glutinous: which
 fere fit in omni domestica;
for-the-most-part is-done (is the case) in all domestic
 tamen præcipue in ungulis, que
(flesh), yet especially in hoofs (feet), and
 trunculis suum, in petiolis que capitulis
little-trunks (legs) of swine, in the pettitoes and little-heads
 hædorum et vitulorum et agnorum, que omnibus
of kids and of calves and of lambs, and in all
 cerebellis: item qui nominantur
brains: also (those vegetables) which are-named
 propriè bulbi, lac, defrutum, passum, pinèi-nuclèi.
properly bulbs, milk, defrutum, raisin-wine, pine-nuts.

Acrida sunt, omnia nimis austera,
The acrid (things) are, all too rough (things),
 omnia acida, omnia salsa, et quidem
all acid (things), all salt (things), and indeed
 mel, eo magis, quo
honey, by that (much) more, by which (by how much)
 melius est: item allium, cepa, eruca, ruta,
better it is: also garlick, onion, rocket, rue,
 nasturtium, cucumis, beta, brassica, asparagus,
cress, cucumber, beet, cabbage, asparagus,
 sinapi, radicula, intubus, ocimum, lactuca,
mustard, little root (radish), endive, basil, lettuce,
 que maxima pars olèrum.
and the greatest part of pot-herbs.

XXIII. Autem faciunt pituitam crassiorem,
But (these) make the phlegm thicker,

ova sorbilā,
eggs capable-of-being-supp'd,
 ptisāna, lac, bulbi, que fere omnia
barley-groat, milk, bulbs, and for-the-most-part all
 glutinosa. Omnia salsa, atque acrida, atque
glutinous (things). All salt, and acrid, and

acida extenuant eandem.
acid (things) make-thin the same (phlegm).

XXIV. Autem aptissima stomācho,
But the most-fit (things) to the stomach,

sunt quaecunque sunt austera, etiam
are whatever (things) are austere, also (things)
 quæ sunt acida, que quæ sunt contacta
which are acid, and which are touched
 sale modice: item panis sine fermento,
with salt (salted) moderately: also bread without leaven,

et elota alica, vel oryza, vel ptisāna; omnis
and washed alica, or rice, or barley-groat; every
 avis, omnis venatio, atque utraque vel assa
bird, all venison, and each either roasted

vel elixa: ex domesticis animalibus
or boiled: out-of domestic animals (the flesh)

bubula: si quid sumitur ex cetēris,
belonging-to-the-ox: if any (thing) is taken out-of the other

(animals), macrum potius quam pingue: ex
lean rather than fat: out-of

sue, ungulæ, rostra, aures, que
the swine, hoofs (feet), the snouts (cheeks), the ears, and

steriles vulvæ: ex oleribus, intubus, lactuca,
the barren wombs: out-of pot-herbs, endive, lettuce,

pastinaca, elixa cucurbita, siser; ex pomis,
parsnip, boiled gourd, skirret; out-of fruits,

cerasum, morum, sorbum, fragile
the cherry, the mulberry, the service-fruit, the brittle

pirum, quale Crustuminum vel Nævianum est:
(mellow) pear, like-as the Crustumian or Nævianian is

item pira, quæ reponuntur, Tarentina
 also the pears, which are placcd-by (laid-up), the Tarentine
 atque Signina: orbiculatum malum, aut Scandianum,
 and Signine: the circular apple, or the Scandianian,
 vel Amerinum, vel Cotonũum, vel
 or the Amerinian, or the Cotonean (the quince), or
 Punicum, uvæ ex olla, molle
 the Punic (the pomegranate), grapes out-of a pot, a soft
 ovum, palmulæ, pinēi-nuclēi, albæ olææ ex
 egg, dates, pine-nuts, white olives out-of
 dura muria, eadem intinctæ aceto,
 hard (strong) pickle, the same dipped in vinegar,
 vel nigræ, quæ permaturuerunt bene in
 or black (grapes), which have-grown-ripe well on
 arbore, vel quæ servatæ-sunt in passo,
 a tree, or which have-been-kept in raisin-wine,
 ve defruto: austerum vinum, licet sit
 or in defrutum: rough wine, although it may-be
 etiam asperum, item resinatum: duri pisces ex
 even harsh, also resined (wine): hard fishes out-of
 media materia, ostræa, pectines, murices,
 the middle material (class), oysters, pectines, murices,
 purpuræ, cochlææ: cibi, que potiones, frigidæ, vel
 purpuræ, cockles: foods, and drinks, cold, or
 ferventes: absinthium.
 hot: wormwood.

xxv. Vero aliena stomacho sunt, omnia
 But (the things) unfit to the stomach are, all
 tepida, omnia salsa, omnia jurulenta,
 tepid (things), all salt (things), all juicy (stewed
 things) all very-sweet (things), all fat (things),
 sorbitio, fermentatus panis, que idem
 broth, fermented bread, and the same (made)
 vel ex milio vel ex hordæo, olæum, radices
 either out-of millet or out-of barley, oil, roots
 olærum, et quodcunque olus estur ex olæo
 of pot-herbs, and whatever pot-herb is-eaten out-of oil

ve garo, mel, mulsum, defrūtum, passum,
or lobster-pickle, honey, hydromel, defrutum, raisin-wine,
 lac, omnis casēus, recens uva, ficus et
milk, all cheese, fresh grape, the fig both
 viridis et arīda, omnia legumīna, quæ quæ
green and dry, all pulse, and (things) which
 consueverunt inflare: item thymum, nepēta,
have-been-accustomed to inflate: also thyme, catmint,
 saturcīa, hyssopum, nasturtium, lapāthum, lapsana,
savory, hyssop, cress, dock, dock-cress,
 juglandes. Autem ex his potest
walnuts. But out-of these (things) it-is-able
 intelligi, non quidquid est boni succi,
to be-understood, not whatever is of good juice,
 protinus convenire stomacho; neque
immediately (consequently) to be-fit to the stomach; nor
 quidquid convēnit stomacho, protinus
whatever is-fit to the stomach, immediately
 esse boni succi.
(consequently) to be of good juice.

xxvi. Autem fere omnia legumīna
But for-the-most-part all pulse
 inflant, omnia pingua, omnia dulcia,
inflate, all fat (things), all sweet (things),
 omnia jurulenta, mustum, atque etiam id
all juicy (stewed things), new-wine, and also that
 vinum, cui nihil ætatis adhuc accessit:
wine, to which nothing of age as-yet has-acceded
 ex oleribus, allium, cepa, brassica,
(arrived): out-of potherbs, garlick, onion, cabbage,
 quæ omnes radices, sisēre et pastinaca excepto,
and all roots, skirret and parsnip being-excepted,
 bulbi, etiam aridæ ficus, sed virides magis,
bulbs, also dry figs, but green (figs) more,
 recentes uvæ, omnes nuce, pinēis-nucleis exceptis,
fresh grapes, all nuts, pine-nuts being-excepted,
 lac, quæ omnis casēus, deinde quidquid
milk, and all cheese, afterwards whatever (thing)

subcrudum aliquis assumsit. Minima inflatio
under-cooked some (person) has-taken. The least flatulency
 fit ex venatione, aucupio, piscibus,
is-made out-of venison, game-fowl, fishes,
 pomis, oléis, conchiliis, ovis vel mollibus vel
fruits, olives, shell-fish, eggs either soft or
 sorbilibus, vetere vino. Vero feniculum,
capable-of-being-supped, old wine. But fennel,
 et anethum, etiam levant inflationes.
and dill, even lighten (relieve) flatulencies.

xxvii. At calefaciunt, piper, sal,
But (these things) make-hot, pepper, salt,
 omnis jurulenta caro, allium, cepa, arida ficus,
all juicy (stewed) flesh, garlick, onion, dry fig,
 salsamentum, vinum, et quo
salt-provision, wine, and by which (by how much)
 meracius, eo magis. Oléra
the purer, by that (much) more (so). (Those) potherbs
 refrigerant, caules quorum assumuntur crudi, ut
cool, the stalks of which are-taken raw, as
 intubus, et lactuca; item coriandrum, cucumis,
endive, and lettuce; also coriander, cucumber,
 elixa cucurbita, beta, mora, ceräsa, austera
boiled gourd, beet, mulberries, cherries, rough
 mala, fragilia pira, elixa caro, que præcipue
apples, brittle (mealy) pears, boiled flesh, and particularly
 acetum, sive cibus, sive potio assumitur
vinegar, whether food, or drink is-taken
 ex eo.
out-of it.

xxviii. Autem corrumpuntur facile intus,
But (these) are-corrupted easily within,
 fermentatus panis, et quisquis alius quam
fermented bread, and any other than (that which)
 est ex tritico, lac, mel; que ideo
is out-of wheat, milk, honey; and on-that-account
 etiam lactentia, atque omne opus
also milky (things), and all work

cerāsa, mora, omnia mitia poma, etiam arida
cherries, mulberries, all mild fruits, also dry
 ficus, sed magis viridis, recentes uvæ, pingues
fig, but more green (fig), fresh grapes, fat
 minutæ aves, cochlææ, garum, salsamentum,
small birds, cockles, lobster-pickle, salt-provision,
 ostræa, pelorides, echini, musculi, et
oysters, pelorides, sea-urchins, muscles, and
 fere omnes conchilæ que maxime
for-the-most-part all small-shell-fish and mostly

jus earum; saxatiles, que
(especially) the juice of them; (fishes) frequenting-rocks, and
 omnes tenëri pisces, atramentum sepiarum; si
all tender fishes, the ink (liquor) of cuttle-fish; if
 qua pinguis caro assumitur, eadem vel
any fat flesh is-taken, the same (if it is) either
 jurulenta, vel elixa; aves, quæ natant;
juicy (stewed), or boiled; birds, which swim;
 crudum mel, lac, omnia lactentia, mulsum, dulce
raw honey, milk, all milky (things), hydromel, sweet
 vel salsum vinum, aqua, omnia tenëra, tepida,
or salt wine, water, all (things) tender, tepid,
 dulcia, pingua, elixa, jurulenta, salsa, diluta.
sweet, fat, boiled, juicy (stewed), salt, diluted.

xxx. Contra adstringunt, panis
On-the-other-hand (these) bind (the belly), bread
 ex siligine, vel ex simila; magis, si
(made) out-of siligo, or out-of simila; more, if
 est sine fermento; etiam magis si est ustus;
it is without leaven; also more if it is burnt;
 que vis ejus etiam intenditur, si
and the power of it even is-stretched (augmented), if
 coquitur bis: pulticula vel ex alica,
it-is-cooked twice: pottage (made) either out-of alica,
 vel ex panico, vel ex milio; que item
or out-of panic, or out-of mille; and also
 sorbitio ex iisdem; et magis si hæc
broth out-of the same; and more if these (things)

fricta sunt antea: lenticula cui vel beta,
have-been-fried before: lentil to which either beet,
 vel intubus, vel ambubeia, vel plantago
or endive, or siccory, or plantain
 adjecta est; que etiam magis, si illa fricta-est
has-been-added; and even more, if that has-been-fried
 ante; etiam intubus per se, vel ex
before; also endive by itself, or out-of (mixed
 plantagine, vel ambubeia, fricta: minuta
with) plantain, or siccory, fried: small
 olera, brassica bis decocta: dura ova, que
potherb cabbage twice boiled: hard eggs, and
 magis si sunt assa: minutæ aves, merula,
more if they are roasted: small birds, the blackbird,
 palumbus, que magis si decoctus-est in
the wood-pigeon, and more if it-has-been-boiled n
 posca; grus, omnes aves, quæ currunt magis,
posca; the crane, all birds, which run more,
 quam volant; lepus, caprea; jecur ex
than they fly; the hare, the chevreuil; the liver out-of
 iis, quæ habent sebum, que maxime
those (animals), which have suet, and mostly
 bubulum, ac sebum ipsum:
(the liver) belonging-to-the-ox, and the suet itself:
 caseus, qui fit vehementior vetustate,
cheese, which is-made (become) stronger by age,
 vel ea mutatione, quam videmus in eo
or by that change, which we see in it (being)
 transmarino; aut si est recens, decoctus
carried-over-the-sea; or if it is fresh, boiled
 ex melle, ve mulso: item coctum mel,
out-of (with) honey, or hydromel: also boiled honey,
 immatura pira, sorba, que magis ea, quæ
unripe pears, service-apples, and more those, which
 vocantur torminalia, Cotonæa mala, et
are-called torminalia, Cotonæan apples (quinces), and
 Punica, vel albæ vel
Punic (apples-pomegranates), either white or

permaturæ olææ, myrta, palmulæ, purpuræ,
very-ripe olives, myrtle-berries, dates, purpuræ,
 murices, resinatum vel asperum vinum, item meracum,
murices, resined or harsh wine, also pure (wine),
 acetum, mulsum quod inferbuit, item defrutum,
vinegar, hydromel which has-boiled, also defrutum,
 passum, aqua vel tepida vel præfrigida, dura,
raisin-wine, water either tepid or very-cold, hard (water),

id est ea, quæ putrescit tarde, que
that is that, which becomes-putrid slowly, and

idēo potissimum pluvia: omnia
on-that-account especially rainy (rain-water): all

dura, macra, austera, aspera, tosta, et
(things) hard, lean, rough, harsh, toasted, and

in eadem carne assa potius, quam elixa.
in the same flesh the roasted rather, than the boiled.

xxxI. Autem movent urinam, quæcunque
But (these) move (promote) urine, whatever

nascentia in horto sunt boni odoris,
(things) growing in the garden are of good scent,

ut apium, ruta, anethum, ocimum, mentha, hyssopum,
as parsley, rue, dill, basil, mint, hyssop,

anisum, coriandrum, nasturtium, eruca, feniculum:
anise, coriander, cress, rocket, fennel:

præter hæc, asparagus, capparis, nepeta, thymum,
besides these, asparagus, caper, cat-mint, thyme,

satureia, lapsana, pastinaca, que magis agrestis,
savory, dock-cress, parsnip, and more the wild

radicula, siser, cepa; ex venatione,
(sort), radish, skirret, onion; out-of venison (game),

maxime lepus; tenue vinum, et rotundum
mostly (especially) the hare; thin wine, both round

et longum piper, sinapi, absinthium, pinæi-nuclei.
and long pepper, mustard, wormwood, pine-nuts.

xxxII. Vero papaver est aptum somno,
But the poppy is fit for sleep.

lactuca, que maxime æstiva,
(also) lettuce, and especially (that) belonging-to-summer,

caulicūlus cujus est repletus jam lacte,
the small-stalk of which is filled already with milk,
 morum, porrum. Excitant sensus,
the mulberry, the leek. (These) rouse the senses,
 nepēta, thymum, satureia, hyssopum, que præcipue
cat-mint, thyme, savory, hyssop, and especially
 pulegium, ruta, et cepa.
pennyroyal, rue, and onion.

xxxiii. Vero admōdum multa possunt
But very many (things) are-able
 evocare materiā : sed cum ea
to call-forth the material : but when (since) these
 constant maxīme ex peregrinis medicamentis,
may consist mostly out-of foreign medicines,
 que opitulentur aliis magis, quam quibus
and may assist to others more, than (those) to whom
 succurritur ratione victus, diffēram
it is-succoured by reason (rule) of diet, I shall defer (them)
 in-præsentia : vero ponam ea,
for-the-present : but I will-place (describe) those,
 quæ prompta, et apta iis
which (being) ready (at hand), and fit for those
 morbis, de quibus sum dicturus
diseases, concerning which I am about-to-speak
 protinus, erodunt corpus, et sic extrahunt
immediately, gnaw the body, and thus extract
 eo quod est mali. Autem
from it (that) which there is of evil. But (these things)
 habent hanc facultatem, semina erucæ, nasturtii,
have this power, the seeds of rocket, of cress,
 radiculae; tamen præcipue omnium, sinapi. Quoque
of radish, yet especially of all, mustard. Also
 vis salis et fici est eadem.
the power of salt and of the fig is the same.
 Vero simul et reprimunt leniter
But (these) at-the-same-time both repress gently
 et molliunt, succida-lana ex
and soften (are emollient), greasy-wool (dipped) out-of (in)

aceto vel vino, cui olĕum adjectum-est ;
vinegar or wine, to which oil has-been-added ;
 contritæ palmulæ, furfures decocti in salsa aqua
bruised dates, brans boiled in salt water
 vel aceto. At simul reprimunt et
or in vinegar. But (these) at-the-same-time repress and
 refrigerant, herba muralis,
cool, the herb growing-on-the-wall (wall-pellitory),
 appellant παρθένιον vel περδικιον, serpyllum,
they call (it) parthenion or perdikion, wild-thyme,
 pulegium, ocimum, sanguinalis-herba, quam
pennyroyal, basil, blood-herb (blood-wort), which
 Græci vocant πολύγονον, portulaca, folia papaveris,
the Greeks call polugonon, purslane, leaves of poppy,
 que capreoli vitium, folia coriandri, hyoscyamum,
and tendrils of vines, leaves of coriander, henbane,
 muscus, siser, apium, solanum, quam Græci
moss, skirret, parsley, nightshade, which the Greeks
 vocant στεύχον, folia brassicæ, intubus, plantago,
call struchnon, leaves of cabbage, endive, plantain,
 semen feniculi, contrita pira vel mala, que
seed of fennel, bruised pears or apples, and
 præcipue Cotonæa, lenticula, frigida aqua,
especially Cotoncan (quinces), lentil, cold water,
 que maxime pluvialis, vinum, acetum,
and mostly (especially) rainy (rain-water), wine, vinegar,
 et madens aliquo horum vel panis, vel
and being-wet with some-one of these either bread, or
 farina, vel spongia, vel cinis, vel succida-lana, vel
meal, or sponge, or ash, or greasy-wool, or
 etiam linteolum, Cimolia creta, gypsum, melinum,
even linen, Cimolian chalk, gypsum, oil-of-quinces,
 myrtum, rosa, acerbum olĕum, folia
myrtle-oil, rose (oil of roses), bitter oil, leaves
 verbenarum contusa cum teneris caulibus ;
of vervains bruised-together with tender stalks ;
 cujus generis sunt olĕa, cupressus, myrtus,
of which kind are the olive, cypress, the myrtle.

lentiscus, tamārix, ligustrum, rosa rubus,
the mastich-tree, tamarisk, privet, rose, bramble,

laurus, hedēra, Punīcum malum.
the laurel, the ivy, the Punic apple (the pomegranate).

Autem reprīmunt sine frigōre, cocta Cotonēa
But (these) repress without cold, cooked Cotonean

mala, malicorīum, calīda aqua, in
apples (quinces), pomegranate-rind, hot water, in

qua verbenæ coctæ-sunt, quas
which vervains have-been-cooked (boiled), which

posūi supra, pulvis vel ex fæce vini,
I have-placed above, powder either out-of the dreg of wine,

vel ex foliis myrti, amaræ nuces.
or out-of the leaves of myrtle, bitter nuts (almonds).

Vero cataplasma ex qualibet farina calefacit,
But a poultice out-of any meal makes-hot,

sive ex tritici, sive ex
whether out-of (that) of wheat, or out-of (that)

farris, sive hordēi, sive ervi, vel lolii,
of far, or of barley, or of vetch, or of darnel,

vel milii, vel panici, vel lenticulæ, vel
or of millet, or of panic, or of lentil, or

fabæ, vel lupini, vel lini, vel Græci fœni,
of bean, or of lupine, or of linseed, or of Greek hay

ubi ea deferbuit, que imposita-est
(foenugreek), when it has-boiled, and has been-put-on

calida. Tamen omnis farina est valentior ad id
hot. Yet all meal is stronger to that

cocta ex mulso, quam
(purpose) cooked (boiled) out-of (with) hydromel, than

ex aqua. Præterea cyprinum, irinum,
out-of water. Besides privet (oil), (that) made-from-the-iris,

medulla, adeps ex fele, olcum, que magis si
marrow, fat out-of a cat, oil, and more if

est vetus, que sal juncta olco, nitrum, gith,
it-is old, and salt joined to oil, nitre, gith,

piper, quinquefolium. Que fere,
pepper, cinquefoil. And for-the-most-part,

(those things) quæ et reprimunt et refrigerant
which both repress and cool
 vehementer, durant; quæ calefaciunt,
violently, harden; (those things) which make-hot,
 digērunt et emolliunt: que cataplasma
digest and soften (are emollient): and a poultice
 ex semine lini, vel Græci fœni
out-of the seed of flax (linseed), or (the seed) of Greek hay
 (fœnugreek) potest præcipue ad emolliendum.
is-able (avails) especially to softening.
 Autem medici utuntur omnibus his et
But physicians use with all these both
 simplicibus et permixtis, varie; ut
simple and mixed (compounded), variously; so-that
 appareat quid quisque persuaserit sibi,
it may-appear what each may-have-persuaded to himself,
 magis quam quid compererit evidenter.
more than what he may-have-discovered evidently.

TERTIUS LIBER.
THE THIRD BOOK.

I. OMNIBUS provisus, quæ pertinent ad
ALL (things) being foreseen, which pertain to
 universa genera morborum, veniam ad
universal (general) kinds of diseases, I shall come to
 curationes singulorum. Autem Græci diviserunt
the treatments of each. But the Greeks have divided
 hos in duas species; que dixerunt alios
these into two species; and have said others
 ex his esse acutos, alios longos:
(some) out-of these to be acute, others long (chronic):
 que idcō, quoniam respondebant non
and on-that-account, because they did answer (agree) not
 semper eodem modo, alii retulerunt
always in the same manner, others (some) referred

eosdem inter acutos, alii inter
the same (diseases) among the acute, others among
 longos. *chronic* Ex quo, est manifestum,
the long (acute). Out-of which, it-is manifest, viz.
 esse plura genera eorum. Enim
to be (that there are) very-many kinds of them. For
 quidam sunt breves que acuti, qui vel
some are short and acute, which either
 cito tollunt hominem, vel ipsi cito
quickly take-away a man, or themselves quickly
 finiuntur: quidam longi, sub quibus neque
are-ended: some (are) long, under which neither
 sanitas, neque exitium est in propinquo; que
health, nor destruction is in near; and
 tertium genus est eorum, qui sunt modo acuti,
the third kind is of those, which are now acute,
 modo longi; que id fit non tantummodo
now long; and that is-done (occurs) not only
 in febribus, in quibus est frequentissimum, sed
in fevers, in which it-is most-frequent, but
 quoque in aliis. Atque etiam, præter hos,
also in other (diseases). And also, besides these,
 est quartum, quod neque potest dici
there-is a fourth, which neither is-able to be said
 acutum, quia perimit non; neque
(called) acute, because it destroys not; nor
 utique longum, quia, si occurratur, sanatur facile.
truly long, because, if it is-opposed, it-is-cured easily.
 Ego indicabo cujus generis quisque sit, cum
I will indicate of which kind each may-be, when
 dicam de singulis. Autem
I shall speak concerning each (severally). But
 dividam omnes in eos, qui videntur consistere in
I shall divide all into those, which seem to settle in
 totis corporibus, et eos qui oriuntur in partibus.
whole bodies, and those which arise in parts.
 Incipiam a prioribus, præfatus pauca
I shall begin from the former, having-previously-said a few

de omnibus. In nullo morbo quidem
 (things) concerning all. In no disease indeed
 fortuna potest vindicare minus sibi, quam ars;
 fortune is-able to claim less to herself than art;
 utpote cum medicina proficiat nihil, natura
 inasmuch-as when (since) medicine may-avail nothing, nature
 repugnante. Tamen est ignoscendum magis medico
 opposing. Yet it-is to-be-pardoned more to a physician
 proficienti parum in acutis morbis, quam in longis.
 availing little in acute diseases, than in long.
 Enim hic, spatium est breve, intra
 For here (in the former), the space is short, within
 quod, si auxilium profuit non, æger
 which, if aid has-profited not, the sick (person)
 extinguitur: ibi tempus
 is extinguished (destroyed): there (in the latter) time
 patet et deliberationi, et mutationi remediorum;
 is-open both for deliberation, and for change of remedies;
 adëo ut, si medicus accessit inter
 so that, if the physician has-arrived among (during)
 initia, obsequens æger raro perëat
 the beginnings, a submissive sick (person) seldom may perish
 sine vitio illius. Tamen cum longus morbus
 without the fault of him. Yet when a long disease
 insedit penitus, quod pertinet ad difficultatem,
 has-settled thoroughly, (as to) what pertains to difficulty,
 est par acuto. Et acutus
 it-is equal to an acute (disease). And an acute (disease)
 quidem curatur eo facilius, quo
 indeed is-cured by that (much) more-easily, by which
 (by how much) vetustior est, autem longus,
 older it-is, but a long (chronic
 disease), quo recentior. Oportet
 by which (by how much) more recent. It behoves
 illud altërum non ignorari, quod eadem
 that (this) other (thing) not to be-unknown, that the same
 auxilia conveniunt non omnibus ægris. Ex
 aids are-fit not to all sick (persons). Out-of

quo incidit, ut summi auctores vindicaverint
which it happens, that the highest authors may-have-defended
 alia atque alia, quasi sola,
other and other (different things), as-if the only(remedies),
 prout cessarent cuique. Itaque
according-as they had-yielded (resulted) to each. Therefore
 oportet, ubi aliquid respondet non, non putare
it behoves, when some (thing) answers not, not to think
 auctorem tanti, quanti ægrum,
the author of so much (consequence), as the sick (person),
 et experiri aliud atque aliud: tamen sic,
and to try another and another (remedy): yet so,
 ut in acutis morbis quod prodest nihil
that in acute diseases (that) which profits nothing
 mutetur cito; in longis, quos
may-be-changed quickly; in long (chronic diseases) which
 ut tempus facit, sic etiam solvit, si quid
as time makes, so also it dissolves, if any (thing)
 profuit non statim, condemnetur
has profited not immediately, it may (should) be condemned
 non statim; vero si quid juvat paulum
not immediately; but if any (thing) assists a little
 saltem minus removeatur; quia profectus
at-least (much) less may-it-be-removed; because the benefit
 expletur tempore.
is-filled-up by time.

II. Autem est facile scire protinus inter
But it is easy to know immediately among (during)
 initia quis morbus sit acutus, quis longus:
the beginnings what disease may-be acute, what long:
 non solum in iis in quibus liabet se, semper
not only in those (cases) in which it has itself always
 ita; sed quoque in iis in quibus variat.
so (the same); but also in those in which it varies.
 Nam ubi graves accessiones et dolores urgent
For when heavy (violent) accessions and pains oppress
 sine intermissionibus, morbus est acutus: ubi
without intermissions, the disease is acute: when

dolores sunt lenti, ve febres lentæ, et
the pains are slow (moderate), or the fevers moderate, and
spatiâ inter accessiones porriguntur,
the spaces between the accessions are-stretched (prolonged),
que ea signa accedunt, quæ exposita-sunt in
and those signs accede, which have-been-explained in
priori volumine, est manifestum hunc
the former volume (book), it-is manifest this (disease)
futurum-esse longum. Etiam est videndum,
to be-about-to-be long (chronic). Also it is to be-seen
an morbus increseat, an consistat
(examined), whether a disease may increase, or may-stop
an minuat : quia
(remain-in-the-same-state), or may-be-diminished : because
quædam remedia conveniunt incrementibus morbis,
some remedies are-fit to increasing diseases,
plura inclinatis ; que
very-many (to those) being-inclined (diminishing) ; and
ea, quæ sunt apta crescentibus,
those (remedies), which are fit to increasing (diseases),
ubi acutus incrementum urget, sunt
when an acute (disease) increasing oppresses, are
experienda potius in remissionibus. Autem morbus
to-be-tried rather in the remissions. But a disease
incrementum dum graviores dolores que accessiones veniunt ;
increases while very-heavy pains and accessions come ;
que hæc et revertuntur ante, et
and these (latter) both return before (sooner), and
desinunt postea quam proximæ.
cease after (later) than the nearest (last accessions).
Atque quoque in longis morbis, etiam non habentibus
And also in long diseases, even not having
tales notas, licet scire incrementum,
such marks, it is-allowed to know (them) to increase (that
they increase), if the sleep is inconstant, if concoction
deterior, si dejectiones foediore, si sensus
worse, if the stools more-foul, if the sense (senses)

tardior, si mens pigrior, si frigus aut calor
slower, if the mind more-inactive, if cold or heat
 percurrit corpus, si id pallet magis. Vero ea
runs-through the body, if that is pale more. But those

quæ sunt contraria his, sunt notæ
(things) which are the contrary to these, are the marks
 ejus decedentis. Præter hæc in acutis morbis
of it departing. Besides these (things) in acute diseases

æger est alendus serius,
the sick (person) is to be-nourished (to have food) later,

nec nisi jam inclinatis; ut materia
nor unless (in those) already inclined; that material

demta primo frangat impetum:
being-taken-away first may break (diminish) the attack

in longis.
(violence): in long (diseases, nourishment should be given)

maturius, ut possit sustinere spatium
more-early, that he may-be-able to support the space

mali affecturi. Ac si quando
(duration) of the evil about-to-affect (him). And if when

is est non in toto corpore,
(at any time) that (disease) is not in the whole body,

sed in parte; tamen pertinet magis ad rem,
but in part; yet it pertains more to the thing,

moliri vim totius corporis, quam
to procure the strength of the whole body, than (that)

ægræ partes propriè sanentur.
the sick parts properly (in particular) may (should) be-cured.

Etiam interest multum, quis
Also it-differs much, (whether) any (person)

curatus-sit recte ab initio, an
may have-been-treated rightly from the beginning, or

perperam; quia curatio prodest minus iis in
wrong; because treatment profits less to those in

quibus fuit assidue frustra. Si quis
whom it has-been constantly in-vain. If any (person)

habitus temere, vivit adhuc viribus
being-held (treated) rashly, lives as-yet with strengths

intēgris, curatione admota, restituitur
entire, (proper) treatment being-applied, he is-restored
 momento.
in a moment (in a short time).

Sed cum cœpërim ab iis
But when (since) I may-have-begun from those (signs)
 quæ exhibent quasdam notas adversæ valetudinis
which exhibit some marks of adverse health
 futuræ, faciām principium quoque curationum
about-to-be, I shall-make a beginning also of treatments
 ab animadversione ejusdem temporis. Igïtur, si
from a consideration of the same time. Therefore, if
 quid ex iis, quæ proposita-sunt
any (thing) out-of those (things), which have-been-proposed
 incidit, optima omnium sunt,
(before-mentioned) happens, the best of all (remedies) are,
 quies et abstinētia; si quid bibendum,
rest and abstinence; if any (thing is) to be-drunk,
 aqua; que interdum est satis id
(it should be) water; and sometimes it is enough that
 fieri uno die; interdum, si terrentia
to be-done in one day; sometimes, if frightening (alarming
 manent, biduo: que proxime
symptoms) remain, for two-days: and next (after)
 abstinētiām exiguus cibus est sumendus, aqua
abstinence little food is to be-taken, water
 bibenda; postëro die, etiām vinum;
to be-drunk; on-the-following day, even wine (may be
 deinde invicem alternis diebus, modo
taken); afterwards alternately on alternate days, now
 aqua, modo vinum, donec omnis causa
water, now wine (may be drunk), until every cause
 metus finiatur. Enim sæpe gravis morbus
of fear may-be-ended. For often a heavy disease
 instans discutitur per hæc. Que
being-at-hand is dissipated through these (things). And
 plurimi falluntur, dum sperant se
very-many (persons) are-deceived, while they hope themselves

sublaturus languorem protinus primo die,
about-to-remove languor immediately in the first day,
 aut exercitatione, aut balnĕo, aut coacta
either by exercise, or by a bath, or by a forced
 dejectione, aut vomitu, aut sudationibus, aut vino.
purging, or by a vomiting, or by sweatings, or by wine.
 Non quod id incidat non interdum, aut
Not because that may happen not sometimes, or
 decipiat non; sed quod, fallat sæpius,
may deceive not; but because, it may-deceive very-often,
 que abstinētia sola medeatur sine ullo pericūlo:
and abstinence alone may-cure without any danger;
 præsertim cum etiā licĕat moderari
especially when (since) also it-may-be-allowed to regulate
 pro modo terroris; et si
(it) according-to the measure of terror (alarm); and if
 indicia fuerint leviora, sit satis tantum
the tokens may-have-been lighter, it may-be sufficient only
 abstinere a vino, quod subtractum, adiuvat plus
to abstain from wine, which being-withdrawn, assists more
 quam si quid dematur cibo; si
than if any (thing) may-be-taken from the food; if (the
 paulo graviora, sit facile non
symptoms are) by a little heavier, it may-be easy not
 tantum bibere aquam, sed etiā subtrahere carnem
only to drink water, but also to withdraw flesh
 cibo; interdum quoque assumere
from the food; sometimes (it behoves him) also to take
 minus panis quam pro consuetudine, que esse
less of bread than according-to custom, and to be
 contentum humido cibo, et potissimum olĕre:
content with moist food, and most-especially with potherb:
 que sit satis, tum ex toto
and it may-be sufficient, then out-of the whole (entirely)
 abstinere a cibo, a vino, ab omni motu
to abstain from food, from wine, from every motion
 corporis, cum vehementes notæ
of the body, when violent marks (symptoms)

terruerunt. Neque est dubium, quin vix
have frightened. Nor is-it doubtful, but-that scarcely
 quisquam ægrotet, qui dissimulavit non, sed
any (person) may-be-sick, who has-dissembled not, but
 occurrit morbo mature per hæc.
has-opposed to the disease early by these (things).

III. Atque hæc quidem sunt facienda
And these (things) indeed are to be done
 sanis tantum metuentibus causam.
to (by) healthy (persons) only fearing a cause
 (of illness). Vero curatio febrium sequitur,
But the treatment of fevers follows,

quod genus morbi est et in toto
which kind of disease is both in the whole
 corpore, et maxime-vulgare. Ex his una
body, and most-common. Out-of these one
 est quotidiana, altera tertiana, altera quartana:
is daily, another tertian, another quartan:
 interdum etiam quædam redeunt longiore circuitu;
sometimes also some return in a longer circuit

sed id fit raro. Et
(interval); but that is-done (happens) seldom. Both
 morbi et medicina
the diseases and the medicine (treatment are comprehended)

in prioribus. Et quartanae sunt quidem
in the former. And quartan (fevers) are indeed
 simplices. Incipiunt fere ab
the more-simple. They begin for-the-most-part from (with)

horrore, deinde calor erumpit; que febre
shivering, afterwards heat bursts-forth; and the fever
 finita biduum est integrum; ita
being ended the space-of-two-days is sound; thus
 revertitur quarto die. Vero sunt duo
it returns on the fourth day. But there-are two

genera tertianarum. Alterum et incipiens et
kinds of tertians. The other (one) both beginning and
 desinens eodem modo quo quartana;
ceasing in the same manner in which the quartan (does);

tantum illo discrimine interposito,
only that (this) difference being placed-between,
 quod præstat unum diem integrum, redit
because it affords one day sound, it returns
 tertio. Alterum longe perniciosius, quod
on the third. The other by far more injurious, because
 revertitur quidem tertio die, autem ex octo
it returns indeed on the third day, but out-of eight
 et quadraginta horis occupat fere sex
and forty hours it occupies for-the-most-part six
 et triginta per accessionem, interdum etiam
and thirty by the accession, sometimes also
 vel minus vel plus; neque desistit ex-toto in
either less or more; nor desists entirely in
 remissione, sed tantum est levius. Plerique
the remission, but only is lighter. Most
 medici appellant id genus $\eta\mu\tau\epsilon\rho\tau\alpha\iota\omega\nu$ (hēmitritaion).
physicians call that kind (semitertian).
 Vero quotidianæ sunt variæ, et multiplices.
But the daily (fevers) are various, and manifold.
 Enim aliæ incipiunt protinus a
For others (some) begin immediately from (with)
 calore, aliæ a frigore, aliæ ab
heat, others from (with) cold, others from (with)
 herre. Voco frigus, ubi extremæ partes
shivering. I call cold, when the extreme parts
 membrorum inalgescunt: horrorem, ubi totum
of the limbs become-cold: shivering, when the whole
 corpus intrēmit. Rursus aliæ desinunt sic, ut
body trembles. Again others cease so, that
 integritas sequatur ex-toto: aliæ sic, ut aliquantum
soundness may follow entirely: others so, that some-little
 quidem minuatur ex febre,
indeed may be-diminished out-of (from) the fever,
 tamen nihilominus quædam reliquæ remanēant, donec
yet nevertheless some relics may remain, until
 altera accessio accedat: ac sæpe aliæ remittant
another accession may-accide: and often others may remit

vix quidquam aut nihil, sed ita ut
scarcely any (thing) or nothing, but so that
 continēt. Deinde aliæ habent
they may-continue. Afterwards (next) others have
 ingentem fervorem, aliæ tolerabilem : aliæ sunt
great heat, others tolerable (heat): others are
 pares quotidie, aliæ impares ; atque invicem
equal daily, others unequal ; and alternately
 leniores altero die, vehementiores altero :
gentler on the other (one) day, more-violent on the other :
 aliæ revertuntur eodem tempore postridie,
others return at the same time the-following-day,
 aliæ vel serius vel celerius : aliæ implent
others either later or more-quickly: others fill
 diem que noctem accessione et decessione,
a day and a night by the accession and by the departure,
 aliæ minus, aliæ plus : aliæ, cum decedunt,
others less, others more: others, when they depart,
 movent sudorem, aliæ movent non ;
move (excite) sweat, others move (excite it) not ;
 atque alias venit ad
and at-another-time (at-one-time) it-is-come to
 integritatem per sudorem, alias corpus
soundness through sweat, at-another-time the body
 tantum redditur imbecillius. Etiam accessiones
only is-rendered more-weak. Also the accessions
 modo fiunt singulæ singulis
now (sometimes) are made (take place) single on single
 diebus, modo binæ ve plures concurrunt :
days, now (sometimes) two or more occur :
 ex quo evenit sæpe, ut
out-of which (whence) it happens often, that
 sint plures accessiones que remissiones
there-may-be very-many accessions and remissions
 quotidie ; sic tamen, ut unaquæque respondeat
daily ; so however, that each-one may-answer
 alicui priori. Vero interdum quoque
to some former (one). But sometimes also

accessiones confunduntur, sic ut neque tempora,
the accessions are confounded, so that neither the times,
 neque spatia earum possint
nor the spaces (duration) of them may-be-able
 notari. Neque est verum, quod dicitur a
to be-marked. Nor is it true, which is-said by
 quibusdam, nullam febrem esse inordinatam, nisi
some (persons), no fever to-be irregular, unless
 aut ex vomica, aut ex
either out-of (occasioned by) a vomica, or out-of
 inflammatione, aut ex ulcere: enim curatio
inflammation, or out-of an ulcer: for the treatment
 foret semper facilior, si hoc esset verum.
would-be always more-easy, if this might-be true.
 Sed quod evidentes causæ faciunt, etiam
But (that) which evident causes do, also
 abdite possunt facere. Neque movent
hidden (causes) are-able to do. Nor do-they-move
 controversiam de re, sed
(promote) a controversy concerning a thing, but
 de verbo, qui, cum febres accedunt
concerning a word, who, when fevers accede (return)
 aliter que aliter in eodem morbo,
otherwise and otherwise (variously) in the same disease,
 dicunt non easdem redire inordinate, sed
say not the same (fevers) to return irregularly, but
 alias que alias subinde oriri. Quod tamen
others and others occasionally to arise. Which yet
 pertineret nihil ad rationem curandi,
would pertain nothing to the reason (mode) of treating,
 etiamsi diceretur vere. Quoque tempora
even-if it might-be-said truly. Also the times
 remissionum sunt modo liberalia,
of the remissions are now (sometimes) liberal
 modo vix ulla.
(considerable), now (sometimes) scarcely any.

IV. Et ratio februm quidem est maxime
And the reason (nature) of fevers indeed is mostly

talis. Vero sunt diversa gēnera curationum,
such. But there-are different kinds of treatments,
 prout habent aliquos auctores. Asclepiādes dicit
according-as they-have some authors. Asclepiades says
 officiū medici esse, ut curet tuto,~ ut
the duty of a physician to be, that he may-cure safely, that
 celeriter, ut jucunde. Id est votum: sed
quickly, that pleasantly. That is wished: but
 fere et nimīa festinatio et voluptas
for-the-most-part both too-much haste and pleasure
 solet esse periculosa. Vero qua moderatione
is-accustomed to be dangerous. But with what regulation
 sit utendum, ut omnia ista contingent,
may-be to be-used, that all those (things) may-happen,
 quantum potest fieri, salute semper habita
as-much-as is-able to be-done, safety always being-held (es-
 teemed) prima, erit considerandum in partibus
(details) themselves of treatments. And before all (things)
 quæritur qua ratione æger sit
it is-sought by what reason (manner) a sick (person) may-be
 continendus primis diebus. Antiqui moliebantur
to be-restrained in the first days. The ancients did effect
 concoctionem, quibusdam medicamentis datis; eo
concoction, certain medicines being-given; on this
 quod horrebant maxime cruditatem;
(account) because they did dread most indigestion;
 deinde ducendo alvum sæpius
afterwards by drawing the belly (using clysters) very often
 subtrahebant eam materiā, quæ videbatur lædere.
they did-withdraw that material, which did seem to hurt.
 Asclepiādes sustulit medicamenta: subduxit
Asclepiades removed medicines: he withdrew (clystered)
 alvum non toties, sed tamen fere in
the belly not so-often, but yet for-the-most-part in
 omni morbo; vero professus-est se uti præcipue
every disease; but he professed himself to use especially,

febre ipsa ad remediū. Enim putavit
with the fever itself to (for) a remedy. For he thought
 vires ægri convellendas
the strengths of the sick (person) to be-torn (ought to be
 weakened) luce, vigilia, ingenti siti, sic, ut
by light, by watching, by great thirst, so, that
 sineret ne-quidem os elūi
he would suffer not-even the mouth to be-washed-out
 primis diebus. Quo falluntur
in the first days. By which (whence) they are-deceived
 magis, qui concipiunt disciplinam ejus esse
more, who conceive the discipline (treatment) of him to be
 jucundam per omnia. Enim is quidem
pleasant through all (things). For he indeed
 ulterioribus diebus subscripsit etiam luxuriæ
in the latter days subscribed (favoured) even to the luxury
 cubantis; vero primis
(of the person) lying (sick); but in the first (days)
 exhibuit vicem tortoris. Autem ego
he exhibited the change (the part) of a torturer. But I
 concedo potiones medicamentorum debere dari,
concede potions of medicines to owe (ought) to be-given,
 et alvum duci non nisi raro :
and the belly to be-drawn (clystered) not unless seldom :
 et tamen existimo id non agendum
and yet I think that not to be-acted (done)
 idēo, ut vires ægri
on-this-account, that the strengths of the sick (person)
 convellantur; quoniam est summum
may be-torn (destroyed); because there-is the highest
 pericūlum ex imbecillitate. Ergo oportet
danger out-of (from) weakness. Therefore it behoves
 tantum superantem materiam
only the abounding (superabundant) material
 minui, quæ digeritur naturaliter, ubi nihil
to be-diminished, which is-digested naturally, when nothing
 novi accedit. Itaque æger est
of new accedes (is added). Therefore, the sick (person) is

abstinendus à cibo primis diebus, est habendus
to be-withheld from food in the first days, he is to be-had
 in luce interdū, nisi infirmus,
(kept) in the light in-the-day-time, unless (he is) weak,
 quoniam ista quoque digērit corpus; que is debet cubare
because that also digests the body; and he ought to lie
 conclavi quam-maximo. Vero quod pertinet ad
in a chamber as-great-as-possible. But what pertains to
 sitim que somnum, est moderandum, ut vigilet
thirst and sleep, it is to be-regulated, that he may-be-awake
 interdū; conquiescat noctu, si potest fieri:
in-the-day-time; he may-rest by night, if it is-able to be done:
 ac neque potet, neque crucietur
and neither may-drink-too-much, nor may-be-tormented
 nimium siti. Etiam os ejus potest
too-much by thirst. Also the mouth of him is-able
 elui, et ubi est siccum, et foetet
to be washed-out, both when it is dry, and is-nauseous
 ipsi; quamvis id tempus est non aptum potioni.
to himself; altho'gh that time is not fit to drinking.
 Que Erasistrātus dixit commode,
And Erasistratus has-said conveniently (appropriately),
 os et fauces requirere sæpe humorem, interiore
the mouth and fauces to require often moisture, the interior
 parte non requirente; neque pertinere ad rem,
part not requiring (it); nor to pertain to the thing
 ægrum haberi
(nor can it be advantageous), the sick (person) to be had
 male.
(treated) ill.

Ac primo quidem est tenendus sic. Vero
And at-first indeed he-is to be-held thus. But
 optimū medicamentum est, cibus opportune datus:
the best medicine is, food seasonably given:
 quando qui debēat primum dari, queritur.
when which may ought first to be-given, is-sought
 Plerique ex antiquis dabat tarde,
(inquired). Most out-of the ancients did-give (it) late,

sæpe quinto die, sæpe sexto: et fortasse
often on the fifth day, often on the sixth: and perhaps
 ratio cœli vel in Aſiā,
the reason (nature) of the heaven (atmosphere) either in Asia,
 vel in Ægypto, patitur id. Ubi Asclepiādes fatigavērat
or in Egypt, suffers that. When Asclepiades had wearied
 ægrum per omnia tridūo,
a sick (person) through all (things) for-three-days,
 destinabat cibo quarto die. At nuper
he did destine (him) for food on the fourth day. But lately
 Themison considerabat, non quando febris
Themison did consider, not when a fever
 cœpisset, sed quando desisset, aut
might have-begun, but when it might-have-ceased, or
 certe levata-esset; et tertio die
certainly might-have-been-lightened; and the third day
 ab illo tempore expectato, dabat cibum,
from that time being-waited-for, he did give food,
 statim, si febris accesserat non; si accesserat,
immediately, if fever had-acceded not; if it had-acceded,
 ubi ea vel desiērat, vel, si inhærebat
when it either had ceased, or, if it did adhere (continue)
 assiduē, certe si inclinavērat se.
constantly, certainly if it had inclined (diminished) itself.
 Autem nihil horum est utique perpetuum.
But nothing of these (things) is truly perpetual
 Nam primus cibus potest esse dandus
(invariable). For the first food is-able to be given
 primo die, potest secundo, potest non nisi
on the first day, it is-able on the second, it is-able not unless
 quarto, aut quinto; potest
on the fourth, or on the fifth (day); it is-able (to be given)
 post unam accessionem, potest post duas, potest post
after one accession, it is-able after two, it is-able after
 plures. Enim refert, qualis morbus sit,
more. For it-matters, what-sort the disease may-be,
 quale corpus, quale cœlum, quæ
what-sort the body, what-sort the heaven (atmosphere), what

ætas, quod tempus anni: que in rebus
the age, what the time of year: and in things
 differentibus multum inter se, præceptum
differing much among themselves, a precept
 temporis potest minime esse perpetuum.
(direction) of time is-able by-no-means to be perpetual.
 In morbo, qui aufert plus virium, cibus
In a disease, which takes-away more of strengths, food
 est dandus celerius: que item eo cælo
is to be-given more-quickly: and also in that heaven
 quod digërit magis. Ob quam causam
(atmosphere) which digests more. For which cause
 in Africa æger videtur abstineri recte
in Africa the sick (person) seems to be withheld rightly
 nullo die. Etiam debet dari maturius puëro,
in no day. Also it ought to be-given earlier to a boy,
 quam juvëni; æstate, quam hiëme. Est
than to a youth; in summer, than in winter. There-is
 illud unum, quod est semper, quod est
that (this) one (thing), which is always, which is
 ubique servandum, ut medicus
every-where to be-kept (observed), that the physician
 assidens inspicïat subinde vires
sitting-near may-inspect occasionally the strengths
 ægri, et quamdiu supererunt,
of the sick (person), and as-long-as they shall abound,
 pugnet abstinentia; si cœperit vereri
he may fight by abstinence; if he may-have-begun to fear
 imbecillitatem, subveniat cibo. Enim id est
weakness, he may-succour by food. For that is
 officium ejus, ut neque onëret ægrum
the duty of him, that neither he may burthen the sick
 supervacua materia, neque prodât
(person) with superfluous material (food), nor may betray
 imbecillitatem fame. Que quoque invenio
(produce) weakness by hunger. And also I find
 id apud Erasistratum: qui quamvis docuit
that with Erasistratus: who although he has-taught

parum, quando venter, quando corpus ipsum
little, when the belly, when the body itself
 exinaniretur, tamen dicendo, hæc esse
might be-empty, yet by saying, these (things) to be
 videnda, et
to be-seen (that these things should be attended to), and
 cibum tum dandum, cum deberetur corpōri
food then to be-given, when it might-be-due to the body
 ostendit satis, oportere non
he has shown sufficiently, to behove not (that it ought not)
 dari, dum vires superessent; esse
to be-given, while the strengths might-abound; to be
 consulendum ne
to be-consulted (that it ought to be attended to) lest
 deficērent. Autem ex his potest
they should fail. But out-of these (things) it-is-able
 intelligi, multos non posse curari
to be-understood, many (patients) not to be-able to be-treated
 ab uno medico: quæ eum esse idoneum,
by one physician: and that (person) to be proper,
 si est artifex, qui recedit non multum ab
if he is skilful, who departs not much from
 ægro. Sed qui serviunt
the sick (person). But (those) who serve (are subservient)
 quæstui, quoniam is est major ex
to gain, because that is greater out-of (from)
 populo, amplectuntur libenter ea præcepta,
the people (public), they embrace willingly those precepts,
 quæ exigunt non sedulitatem; ut in hac re
which require not assiduity; as in this thing
 ipsa. Enim est facile quoque iis, qui raro
itself. For it is easy even to those, who seldom
 vident ægrum, numerare dies vel accessiones:
see the sick (person), to count the days or the accessions:
 est necesse ille assidēat, qui
it is necessary he may sit-near (attend diligently), who
 est visurus, quod est solum opus,
is about-to-see, which is the only work (essential business),

quando sit futurus nimis imbecillus, nisi
when he may-be about-to-be too weak, unless
 accepērit cibum. Tamen in plurimis,
he may-have-received food. Yet in most (cases),
 quartus dies consuevit esse aptissimus
the fourth day has-been-accustomed to be the fittest
 ad initium cibi.
to (for) a beginning of food.

Autem est alia dubitatio etiam de
But there-is another doubt also concerning
 diebus ipsis; quoniam antiqui sequebantur
the days themselves; because the ancients did follow

potissimum impares; que
 (regard) *most-especially the unequal (odd days); and*
 nominabant eos κρίσιμους (krisimous), tanquam
did name them (critical), as-if

judicaretur tunc de ægris. Hi dies
it might-be-judged then concerning the sick. These days
 erant, tertius, quintus, septimus, nonus, undecimus,
were, the third, the fifth, seventh, ninth, eleventh,
 quartusdecimus, unus et vicesimus; ita ut
fourteenth. one and twentieth; so that

summa potentia daretur, septimo, deinde
the highest power might-be-given to the seventh, afterwards
 quartodecimo, deinde uni et vicesimo.
to the fourteenth, afterwards to the one and twentieth.

Igitur nutriebant ægros sic, ut
Therefore they did nourish the sick so, that

expectarent accessiones imparium dierum:
they might wait-for the accessions of unequal days:

deinde postea darent cibum, quasi levioribus
then afterwards they might-give food, as-if lighter

accessionibus instantibus; adeo ut Hippocrätes,
accessions being-at-hand; so that Hippocrates,

si febris desisset alio die,
if the fever might-have-ceased on another day,

solitus-sit timere recidivam.
may-have-been-accustomed to fear a relapsing (fever).

Asclepiādes repudiavit jure id ut vanum; que
Asclepiades has rejected with justice that as vain; and
 dixit ne esse vel majus vel
has said not to be (that there is not) either greater or
 minus pericūlum iis in ullo die, quia
less danger to them in any day, because
 esset par ve impar. Enim interdum pares
it might-be equal or unequal. For sometimes equal
 dies fiunt pejores; et cibus datur
days are-made (become) worse; and food is-given
 opportunius post accessiones eorum. Etiam
more-conveniently after the accessions of them. Also
 nonnunquam in morbo ipso ratio dierum
sometimes in the disease itself the reason (order) of the days
 mutatur; que fit gravior,
is-changed; and (that day) is-made (becomes) more-heavy
 qui consueverat esse remissior
(severe), which had-been-accustomed to be the more remiss
 Atque quartusdecimus ipse, in quo
(milder). And the fourteenth (day) itself, in which
 antiqui fatebantur magnam vim esse, est
the ancients did confess great force to be, is
 par. Qui cum contendērent
an equal (day). Who when they might contend
 octavum habere naturam primi, ut
the eighth (day) to have the nature of the first, as
 secundus septenarius inciperet ab eo, ipsi
the second septenarian might begin from that, themselves
 repugnabant sibi sumendo non
did oppose (contradict) to themselves by taking not
 octavum, neque decimum, neque duodecimum diem,
the eighth, nor the tenth, nor the twelfth day,
 quasi potentiolem: enim tribuebant plus
as-if the more-powerful: for they did-attribute more
 nono et undecimo. Quod cum
to the ninth and to the eleventh. Which when
 fecissent sine ulla probabili ratione
they might have-done without any plausible reason

ab undecimo transibant, non ad tertiumdecimum,
from the eleventh they did go over not to the thirteenth,
 sed ad quartumdecimum. Etiam est apud
but to the fourteenth. Also it is with (in the
 Hippocratem, quartum esse gravissimum
works of) Hippocrates, the fourth (day) to be the most-heavy
 ei quem septimus dies sit
(severe) to him whom the seventh day may-be
 liberaturus. Ita, quoque illo auctore,
about-to-free (cure). Thus, also (even) he (being) author
 et febris potest esse gravior
(on his authority), both fever is-able to be more-heavy
 in pari die, et certa nota futuri.
in an equal day, and a sure mark (prognostic) of the future
 Atque idem
(may be furnished). And the same (Hippocrates)
 alio loco apprehendit quemque quartum
in another place seized (considered) each fourth
 diem ut efficacissimum in utrumque;
day as most-efficacious unto each (of these effects);
 id est, quartum, septimum, undecimum,
that is, the fourth, the seventh, the eleventh,
 quartumdecimum, decimumseptimum. In quo transit
the fourteenth, the seventeenth. In which he goes-over
 ab impari ad rationem
from (the calculation) of unequal to the reason (calculation)
 paris, et ne-quidem conservavit hoc propositum;
of equal, and not-even has-preserved this purpose;
 cum undecimus sit non quartus, sed
when (since) the eleventh may-be not the fourth, but
 quintus a septimo die. Ad eo apparet
the fifth from the seventh day. So-that it appears
 quacunque ratione respexerimus ad
in whatever reason (manner) we may have-regarded to
 numerum, nihil rationis reperiri quidem sub
number, nothing of reason to be-found indeed under (in)
 illo auctore.
that author.

Verum in his quidem Pythagorici num̃eri,
But in these (things) indeed the Pythagorean numbers,
 tunc admōdum celēbres, fefellerunt antiquos, cum
then very celebrated, deceived the ancients, when
 hic quoque mēdicus debeat non
(whereas) here also the physician may-ought not
 numerare dies, sed intueri accessiones ipsas;
to number the days, but to look-to the accessions themselves;
 et ex his conjectare quando cibus sit
and out-of these to conjecture when food may-be
 dandus. Autem illud pertinere magis ad
to be-given. But that (this) to pertain more to
 rem, scire oportēat dari tum,
the thing, to know (whether) it may-behave to be-given then,
 cum venæ jam conquieverunt bene,
when the veins already have-rested (become tranquil) well,
 an reliquīs febris etiānum manentibus. Enim
or the relics of fever even-now remaining. For
 antiqui offerebant alimentum corporibus
the ancients did offer aliment to bodies
 quam-integerrimis: Asclepiādes, febre
as-sound-as-possible: Asclepiades (did so), the fever
 inclinata quidem, sed tamen adhuc
being-inclined (diminished) indeed, but yet as-yet
 remanente. In quo secutus-est vanam rationem:
remaining. In which he followed a vain reasoning:
 non quod cibus sit non interdum dandus
not because food may-be not sometimes to be-given
 maturius, si altēra accessio timetur mature; sed
earlier, if another accession is-feared early; but
 quod scilicet debēat dari
because truly it may-ought to be-given (to the patient
 quam-sanissimō: enim corrumpitur
being) as-healthy-as-possible: for (that) is-corrupted
 minus quod infertur corpōri intēgro.
less which is-introduced to the body (being) sound.
 Neque tamen est verum, quod videbatur
Nor yet is-it true, which did-seem

Themisoni, si æger esset futurus
to Themison, if the sick (person) might-be about-to-be
 intëger duabus horis, esse satius dare
sound in (for) two hours, to be preferable to give (food)
 tum; ut diduceretur ab corpore
then; that it might be dispersed (digested) by the body
 potissimum intëgro. Nam si posset
(being) especially sound. For if it might-be-able
 diduci: tam: celeriter, id esset
to be dispersed (digested) so quickly, that would-be
 optimum: sed cum hoc breve tempus
best: but when (since) this short time
 præstet non, est satius principiã
may-afford (allow it) not, it is preferable (for) the beginnings
 cibi excipi a febre decedente quam
of food to be taken-up from the fever departing than (for)
 reliquias ab incipiente.
the remains (to be succeeded) by (the fever) commencing
 (food should be given when the fever diminishes, in order that
 digestion may be perfectly completed when the following
 accession commences). Ita si secundum tempus
 (the intermission) est longius, est dandus
 (to the patient being) quam-integerrimo; si breve;
 etiam antequam fiat ex-toto intëger.
even before-that he may-become entirely sound.
 Vero quo loco integritas est, eodem remissio
But in what place soundness is, in the same remission
 est, quæ potest esse maxïma in continûa
is, which (latter) is-able to be very-great in a continuous
 febre. Atque hoc quoque quæritur,
fever. And this also is-sought (inquired into),
 utrum tot horæ sint expectandæ, quot
whether so-many hours may-be to be-waited, as-many-as
 habuerunt febrem; an
have-had the fever (as the fever has occupied); or

sit satis primam partem earum
it may-be sufficient (for) the first part of them
 præteriri, ut insidat jucundius
to be-passed-over, that it may settle (agree) more pleasantly
 ægris, quibus interdum vacat non.
to the sick (persons), to whom sometimes there-is-leisure not
 Autem est tutissimum tempus
(to wait). But it is safest (for) the time
 totius accessionis præterire ante, quamvis,
of the whole accession to pass-over before, although,
 ubi febris fuit longa, potest indulgeri
when the fever has-been long, it is-able to be-indulged
 ægro maturius, dum tamen
to the sick (person) earlier, while (provided) however
 minimum dimidiâ pars prætereatur ante.
(at) the least a half part may be-passed before.
 Que id est servandum ita non in ea
And that is to be-kept (observed) thus not in that
 febre sola, de qua dictum-est proxime,
fever alone, concerning which it has been-said nearest (last),
 sed in omnibus.
but in all.

 Hæc sunt magis perpetua
 v. *These (things) are more perpetual (universal)*
 per omnia genera febrium: nunc descendam
through all kinds of fevers: now I shall descend
 ad singulas species earum. Igñtur si
to the several species of them. Therefore if
 accessit tantum semel
it has acceded only once (if there has been only one
 deinde desiit, que ea fuit
accession), afterwards it has ceased, and it has been
 vel ex inguine,
(occasioned) either out-of the groin (tumour of the groin),
 vel ex lassitudine, vel ex aestu, ve alia
or out-of fatigue, or out-of heat, or other
 simili re, sic ut nulla interior causa
like thing, so that no interior cause

fecerit metum, postero die, cum
may have-made fear, on the following day, when
 tempus accessionis transiit ita ut
the time of the accession has gone-over so that
 moverit nihil, cibus potest
it may have-moved (disturbed) nothing, food is-able
 dari. At si calor venit ex alto,
to be-given. But if the heat has come out-of deep
 et gravitas vel capitis vel præcordiorum
(deeply), and heaviness either of the head or of the præcordia
 secuta-est, neque apparet quid confuderit
has-followed, neither does-it-appear what may have-disturbed
 corpus; quamvis integritas secuta-est unam
the body; although soundness has-followed one
 accessionem; tamen, quia tertiana potest
accession; yet, because a tertian is-able
 timeri, tertius dies est expectandus: et
to be-feared, the third day is to be-waited-for: and
 ubi tempus accessionis præterit, cibus est
when the time of the accession has-passed-by, food is
 dandus, sed exiguus; quia quartana potest
to be-given, but little; because a quartan is-able
 quoque timeri; et demum quarto die, si
also to be-feared; and at length on the-fourth day, if
 corpus est intëgrum, utendum eo
the body is sound, (it is) to be-used with it (food
 cum fiducia. Vero si febris
may be used) with confidence. But if fever
 secuta-est postero, ve tertio, aut quarto
has-followed in the following, or in the third, or in the fourth
 die, licet scire esse morbum.
day, it is-allowed to know (it) to be (that it is) a disease.
 Sed ratio tertianarum, que quartanarum
But the reason (treatment) of tertians, and of quartans
 est expeditior, quarum est et certus circuitus,
is more-easy, of which there-is both a sure circuit
 et intëger finis, et sunt
(a regular return), and a sound end, and there-are

quīeta tempōra, liberalit̄er; de
quiet times (intermissions), liberally (amply); concerning
 quibus dicam suo loco. Vero nunc
which I shall say in their place. But now
 explicabo eas quæ urgent quotidie.
I shall-explain those (fevers) which oppress daily.
 Ig̃itur quoque cibus datur ægro
Therefore also food is-given to a sick (person)
 commodissimē tertio die: ut alter
most-conveniently in the third day: that the other (one)
 minuat febrem, alter subveniat viribus.
may diminish the fever, the other may succour to the strengths.
 Sed si est quotidiana febris, quæ desinat
But if it is a daily fever, which may cease
 ex-toto, is debet dari, simulatque corpus
entirely, it (food) ought to be-given, as-soon-as the body
 factum-est int̄grum: si quamvis non
has been-made (has become) sound: if although not
 accessiones, tamen febres junguntur, et quidem
accessions, yet the fevers are-joined, and indeed
 increscunt quotidie, sed tamen remittunt
increase daily, but yet remit
 sine integritate,
without soundness (the remissions are incomplete),
 cum corpus habet se ita,
(food must be given) when the body has itself so,
 ut major remissio expectetur non: si
that a greater remission may be-expected not: if
 accessio est gravior alt̄ero die, levior
the accession is heavier on another (one) day, lighter
 alt̄ero, post graviolem. Vero
on another, (food should be given) after the heavier. But
 fere levior nox sequitur graviolem
for-the-most-part a lighter (easier) night follows a heavier
 accessionem: quo fit,
accession: by which (whence) it is-made (it happens),
 ut quoque tristior nox antecedit
that also a sadder (more troublesome) night may precede

gravioſorem acceſſionem. At ſi febris continuatur,
a heavier acceſſion. But if the fever is-continued,
 neque unquam fit levior, et eſt
nor ever is-made (becomes) lighter, and it-is
 neceſſe cibum dari, eſt magna
necessary (for) food to be-given, there-is a great
 diſſenſio quando debet
disagreement (difference of opinion) when it may-ought
 dari. Quia matutinum-tempus eſt fere
to be-given. Because the morning-time is for-the-most-part
 remiſſius ægris, quidam putant
more-remiss (easier) to the sick, some think (food)
 dandum tunc. Quod-ſi reſpondet, debet
to be-given then. But-if it answers (succeeds), it ought
 dari, non quia eſt mane, ſed quia
to be-given, not because it-is morning, but because
 eſt remiſſio ægris Vero ſi eſt ne-quidem
there-is a remission to the sick. But if there-is not-even
 tunc ulla requies ægris, id tempus eſt hoc
then any rest to the sick, that time is by this
 ipſo pejor, quod cum ſua natura
(much) itſelf worse, because when by its nature
 debet eſſe melius, vitio morbi eſt
it may-ought to be better, by the fault of the diſeaſe it-is
 non: que ſimul meridianum-tempus inſequitur,
not: and at-the-same-time the midday-time follows,
 a quo cum omnis æger
from (after) which when (ſince) every ſick (perſon)
 fiat pejor, poteſt timeri, ne ille
may-become worse, it-is-able to be-feared, leſt he
 urgeatur etiam magis, quam ex
may-be-oppressed even more, than out-of (according to)
 conſuetudine. Igitur alii dant cibum tali
cuſtom. Therefore others (ſome) give food to ſuch
 ægro vespere. Sed cum, qui
a ſick (perſon) in the evening. But when (ſince), (thoſe) who
 ægrotant, ſint fere peſſimi eo
are-sick, may-be for-the-most-part worſt in that

tempore, est verendum ne, si moverimus
time, it is to be-feared lest, if we may have-moved

quid tunc, aliquid fiat
 (disturbed) *any (thing) then, some(thing) may be-made*

asperius. Ob hæc
 (become) *more-rough (severe). On-account-of these*

decurro ad mediā noctem;
 (things) *I run-down (put it off) to middle night;*

id est, gravissimo tempore jam finito,
that is, the heaviest (severest) time already being-ended,

que eodem distante longissime: vero horis
and the same being-distant farthest: but the hours

antelucanis secuturis, quibus
before-day-break being-about-to-follow, in which

fere omnes dormiunt maxime; deinde
for-the-most-part all sleep most; afterwards

matutino-tempore, quod sua natura
the-morning-time (about-to-follow), which by its nature

est levissimum. Vero si febres sunt vagæ
is the lightest. But if the fevers are wandering

quia est verendum, ne subsequantur
 (irregular), *because it is to be feared, lest they may-follow*

statim cibum, quandocunque quis
immediately food, whenever any (person)

levatus-est ex accessione, tunc debet
has-been-relieved out-of an accession, then he ought

assumere.

to take (food).

At si plures accessiones veniunt eodem
But if very-many accessions come in the same

die, oportet considerare ne sint pares
day, it behoves to consider whether they-may-be equal

per omnia, quod vix potest
 (similar) *through all (things), which scarcely is-able*

fiæri, an impares. Si
to be-done (is possible), or unequal (different). If

sunt pares per omnia, cibus debet
they are equal through all (things), food ought

dari potius post eam accessionem, quæ
to be-given rather after that accession, which
 desinit non inter meridiem et vesp̃erem: si
ceases not between noon-day and evening: if
 sunt imp̃ares, est considerandum quo
they-are unequal (different), it-is to be considered in what
 distent. Nam si alt̃era est
they may-disagree. For if the other (one) is
 gravior, alt̃era levior, debet dari post
heavier, the other lighter, it ought to be-given after
 graviolem: si alt̃era longior, alt̃era brevior,
the heavier: if the other (one) longer, the other shorter,
 post longiorem: si alt̃era est gravior,
after the longer: if the other (one) is heavier,
 alt̃era longior, est considerandum utra
the other longer, it is to be-considered which (of the two)
 affligat magis, illa vi, an hæc
may afflict more, that (former) by force, or this
 tempore, et est dandus post eam.
(latter) by time, and it is to be-given after it.

Sed plane int̃erest plurimum, quantæ que
But plainly it matters very-much, how-great and
 quales remissiones sint inter eas. Nam si
what-sort the remissions may-be between them. For if
 motio manet post alt̃eram febrem,
motion (agitation) remains after another (one) fever,
 corpus est int̃egrum post alt̃eram; aptius
the body is sound after another; the fitter
 tempus cibo est, corpore int̃egro: si
time for food is, the body (being) sound: if
 febricula semper manet, sed tamen alt̃erum
slight-fever always remains, but yet another (one)
 tempus remissionis est longius, id est potius
time of remission is longer, that is rather
 eligendum; adco-ut, ubi accessiones continuantur,
to be-selected; so-that when the accessions are continued,
 cibus est dandus protinus priore
food is to be-given immediately the former (accession)

inclinata. Enim est perpetuum,
being-inclined (decreasing). For it is perpetual
 ad quod omne consilium potest
 (a constant rule), *to which every counsel is-able*
 dirigi, reducere cibum semper quam-maxime
to be-directed, to withdraw food always as-much-as-possible
 ab accessione futura; et hoc salvo
from the accession about-to-be; and this (being) safe
 dare, corpore
 (this precaution being taken) *to give (it), the body (being)*
 quam-integerrimo. Quod servabitur,
as-sound-as-possible. Which shall be-kept (observed),
 non tantum inter duas, sed etiam inter plures
not only between two, but also between more
 accessiones. Sed cum sit aptissimum
accessions. But when (although) it may-be most-fit
 dare cibum quoque tertio die; tamen si corpus
to give food in each third day; yet if the body
 est infirmum, est dandus quotidie; que multo
is weak, it is to be-given daily; and by much
 magis, si febres sunt continentes sine
more, if the fevers are continuing without
 remissione, quanto magis affligunt corpus; aut
remission, by how-much more they afflict the body; or
 si duæ ve plures accessiones veniunt eodem die.
if two or more accessions come in the same day.
 Quæ res efficit, ut et cibus debëat
Which thing effects, that both food may-ought
 dari quotidie protinus a primo die, si
to be-given daily immediately from the first day, if
 venæ conciderunt protinus; et sæpius
the veins have fallen (subsided) immediately; and more often
 eodem die, si vis deest copiori
in the same day, if strength is-wanting to the body
 subinde inter plures accessiones.
occasionally among (during) very-many accessions.
 Tamen illud est servandum in his
Yet that (this) is to be-kept (observed) in these (things)

ut minus cibi detur post eas febres,
that less of food may-be-given after those fevers,
 post quas, si liceret per corpus,
after which, if it might-be-allowed by the body,
 daretur non omnino.
it would-be-given not at-all.

Vero cum febris instet, incipiat,
But when (since) fever may-approach, may-begin,
 augeatur, consistat, decedat, deinde
may-be-increased, may stop, may depart, afterwards
 consistat in decessione, aut finiatur; licet
may stop in the departure, or may be-ended; it-is-allowed
 scire optimum tempus cibo esse febre
to know the best time for food to be the fever
 finita; deinde, cum decessio
being-ended; afterwards (next), when the departure
 ejus consistit; tertium, si est necesse, quodcumque
of it stops; the third, if it is necessary, whenever
 decedit; omnia cetera esse periculosa.
it departs; all other (times) to be dangerous.
 Tamen si propter infirmitatem necessitas urget,
Yet if on-account-of weakness necessity presses,
 esse satius offerre aliquid, incremento
to be preferable to offer some (thing), the increase
 febris jam consistente, quam increscente;
of the fever already stopping, than increasing;
 esse satius, instante, quam incipiente:
to be preferable, (the fever) approaching, than beginning:
 tamen cum eo, ut nullo tempore is
yet with this (condition), that in no time he
 qui deficit sit non sustinendus.
who fails (is exhausted), may-be not to be-supported.

Neque Hercule est satis medicum
Nor by-Hercules is-it sufficient (for) the physician
 intueri tantum febres ipsas, sed etiam
to look-to only the fevers themselves, but also
 habitum totius corporis, et dirigere
the habit (condition) of the whole body, and to direct

curationem ad eum, seu vires supersunt, seu
the treatment to it, whether strengths abound, or
 desunt, seu quidam alii affectus interveniunt.
are-wanting, or some other affections intervene.

Vero cum conveniat semper ægros
But when (since) it-may-be-fit always (for) sick (persons)

agere securos, ut laborent
to act (live) secure (tranquil), that they may labour

tantum corpore, non etiam animo,
(be afflicted) only in body, not also in mind,

præcipue tum, ubi sumpserunt cibum. Itaque
especially then, when they have-taken food. Therefore

si sunt qua quæ sunt exasperatura
if there-are any (things) which are about-to-irritate

animos eorum, est optimum subtrahere ea
the minds of them, it is best to withdraw those (things)

notitiæ eorum dum ægrotant: si
from the knowledge of them while they are-sick: if

id potest non fieri, tamen sustinere post
that is-able not to be-done, yet to withhold (it) after

cibum usque tempus somni, et cum
food until the time of sleep, and when

experrecti-sunt, tum exponere.
they have-awaked, then to expose (communicate it).

VI. Sed ratio de cibo cum
But the reason (regulation) concerning food with

ægris quidem est facilior, stomachus quorum sæpe
the sick indeed is easier, the stomach of whom often

respuit hunc, etiam si mens concupiscit:
spits-back (rejects) this, even if the mind covets (it):

vero de potione pugna est ingens, que
but concerning drink the fight is great, and

eo magis, quo febris est
by this the more, by which (by how much) the fever is

major. Enim hæc accendit sitim, et exigit
greater. For this inflames thirst, and requires

aquam maxime tum, cum illa est periculosissima.
water most then, when it is most-dangerous.

Sed æger est docendus, ubi febris
But the sick (person) is to be-taught, when the fever
 conquievërit, protinus sitim quoque
shall-have-rested, immediately the thirst also (to be)
 quieturam : que accessionem fore longiorem, si
about-to-rest; and the accession to be-about-to-be longer, if
 quod alimentum datum-fuërit ei : ita eum
any aliment may have-been-given to him : thus him
 desinere celerius sitire, qui bibit non.
to cease more-quickly to thirst, who drinks not.
 Tamen est necesse, quanto facilius etiam
Yet it is necessary, by-how-much more-easily even
 sani sustinent famem quam sitim, tanto
the healthy support hunger than thirst, by-so-much
 magis indulgere ægris in potione quam in
more to indulge to the sick in drink than in
 cibo. Sed primo die, quidem, nullus humor
food. But in the first day, indeed, no moisture
 debet dari, nisi venæ
(fluid) ought to be-given, unless the veins
 conciderunt subito, sic ut cibus quoque
have fallen (subsided) suddenly, so that food also
 debeat dari; vero secundo, que etiam
may ought to be-given; but on the second (day), and also
 ceteris quibus cibus dabitur, non, tamen si
on the others in which food shall-be-given, not, yet if
 magna sitis urgebit, potio potest dari.
great thirst shall oppress, drink is-able to be-given.
 Ac ne-quidem illud dictum ab Heraclide
And not-even that (thing) said by Heraclides
 Tarentino caret ratione. Ubi aut
belonging-to-Tarentum is-without reason. When either
 bilis, aut cruditas habet male ægrum,
bile, or indigestion has ill (afflicts) a sick (person),
 expedire novam materiam
to be-expedient (that it is expedient for) new material
 misceri corruptæ per modicas potiones.
to be-mingled to the corrupted by moderate drinkings.

Illud est videndum, ut qualia tempora
That (this) is to be-seen, that what-sort-of times
 leguntur cibo, talia quoque deligantur potioni,
are-chosen for food, such also may-be-selected for drink,
 ubi datur sine illo; aut cum cupiemus
when it is-given without it (food); or when we shall wish
 ægrum dormire; quod fere sitis
the sick (person) to sleep; which for-the-most-part thirst
 prohibet. Etiam convēnit satis, cum
prevents. Also it-is-fit (it is agreed) enough, when (since)
 omnis humor sit alienus omnibus
all moisture (fluid) may-be foreign (unfit) to all
 febricitantibus, tum præcipue esse
(persons) being-in-fever, then especially to be (so)
 feminis quæ inciderunt in febres ex
to women who have-fallen into fevers out-of (after)
 partu.
child-birth.

Sed cum ratio febris
But when (although) the reason (the nature) of the fever
 et remissionis det tempora cibo
and of the remission may-give (shew) the times for food
 que potioni, est non expeditissimum scire
and for drink, it is not most-easy to know
 quando æger febricitet, quando sit
when the sick (person) may-be-in-fever, when he may be
 melior, quando deficiat: sine quibus
better, when he may-fail (be exhausted): without which
 illa possunt
(without a knowledge of which) those (things) are-able
 non dispensari. Enim credimus
not to be-dispensed (regulated). For we believe (trust)
 maxime venis, fallacissimæ rei; quia istæ
most to the veins, to a most-deceptive thing; because those
 sunt sæpe leniores ve celeriores et ætate, et
are often more-gentle or more-rapid both by age, and
 sexu, et natura corporum. Et plerumque
by sex, and by the nature of bodies. And generally

corpore sano satis, si stomachus est infirmus,
in a body healthy enough, if the stomach is weak,
 nonnumquam etiam febre incipiente, subeunt
sometimes even fever beginning, they go-under (diminish)
 et quiescunt; ut is possit videri imbecillus,
and become-quiet; so-that he may-be-able to seem weak,
 cui laturo facile gravis accessio
to whom about-to-bear (it) easily a heavy accession
 instat. Contra, sæpe sol, et balneum,
is-at-hand. On-the-other-hand, often the sun, and a bath,
 et exercitatio, et metus, et ira, et quilibet alius
and exercise, and fear, and anger, and any other
 affectus animi concitat et resolvit
affection (passion) of the mind excites and relaxes (enlarges)
 eas: adeo ut, cum primum medicus
them (the veins): so that, when first the physician
 venit, sollicitudo ægri [dubitantis, quomodo
comes, the anxiety of the sick (person) doubting, how
 videatur illi habere se,
he may-seem to him to have himself (what opinion the physi-
 cian may have of his case), *movēat eas. Ob*
 quam causam, est periti medici, non
which cause, it is (the part) of a skilful physician, not
 protinus ut venit apprehendere brachium
immediately that he comes to seize the arm
 manu, sed primum residere hilari
with the hand, but first to sit-down with cheerful
 vultu, que percontari quemadmodum habeat
countenance, and to inquire how he may have (find)
 se; et si est quis metus ejus,
himself; and if there-is any fear of him (if he has any fear),
 lenire eum probabili sermone; tum deinde
to soothe him with plausible discourse; then afterwards
 admovere manum corpori ejus. Autem quam facile
to-apply the hand to the body of him. But how easily
 mille res turbant venas quas conspectus
a thousand things disturb the veins which the sight

medici movet! Altëra res, cui
of the physician moves (disturbs)! Another thing, to which
 credimus, calor, est æque fallax: nam hic quoque
we trust, heat, is equally deceptive: for this also
 excitatur æstu, labore, somno, metu,
is-excited by-heat (of sun), by labour, by sleep, by fear,
 sollicitudine. Igïtur oportet quidem etiã intueri
by anxiety. Therefore it behoves indeed also to look-to
 ista; sed non credere omnia his.
those (things); but not to trust all (things-entirely) to these.
 Ac quidem protinus scire eum non
And (it behoves) indeed immediately to know him not
 febricitare, venæ cujus sunt naturaliter
to be-in-fever, the veins of whom are naturally
 ordinatæ, que tepor est talis qualis
regulated (regular), and the warmth is such as
 solet esse sanis: autem non
it is-accustomed to be to healthy (persons): but not
 protinus concipere febrem esse sub
immediately to conceive fever to be under (on account of)
 calore que motu; sed
heat and motion (agitation of the pulse); but (we may
 ita, si quoque summa
judge) so, if also the highest (the surface of the)
 cutis est inequaliter arida; si et est calor
skin is unequally dry; if both there-is heat
 in fronte, et oritur ex imis
in the forehead, and it arises out-of the lowest (the bottom
 of the) præcordiis; si spiritus prorumpit ex
of the) præcordia; if the breath bursts-forth out-of
 naribus cum fervore; si color mutatus-est
the nostrils with heat; if the colour has-been-changed
 aut novo rubore aut pallore; si
either with new (unusual) redness or paleness; if
 oculi sunt graves, et aut persicci, aut
the eyes are heavy, and either very-dry, or
 subhumidi; si sudor est inequalis, cum fit
rather-moist; if the sweat is unequal, when it is-made

(when it takes place); si venæ moventur
 if the veins are-moved (the
 non æquis intervallis. Ob quam
 pulsations are) not at equal intervals. For which
 causam medicus debet residere neque in
 cause the physician ought to sit-down neither in
 tenēbris, neque a capite ægri;
 darknesses, nor from (at) the head of the sick (person);
 sed illustri loco adversus eum, ut perspiciat
 but in a light place opposite him, that he may-view
 omnes notas, ex vultu quoque cubantis.
 all the marks out-of the countenance even (of him) lying.
 Vero ubi febris fuit, atque decrevit,
 But when fever has-been, and has decreased,
 oportet expectare, num tempōra ve
 it behoves to expect (examine), whether the temples or
 aliæ partes corpōris madescant paulum, quæ
 other parts of the body may-become-wet a little, which
 testentur sudorem esse venturum: ac
 (things) may testify a sweat to be about-to-come: and
 si est qua nota, tunc demum dare calidam
 if there-is any mark, then at-length to give hot
 aquam potūi; effectus cuius est salubris, si
 water for drink; the effect of which is salutary, if
 diffundit sudorem per omnia membra.
 it diffuses the sweat through (over) all the limbs.
 Autem causa hujus rei, æger debet
 But for the sake of this thing, the sick (person) ought
 continere manus sub satis multa veste;
 to retain (his) hands under sufficiently much clothing;
 que contegere crura que pedes eadem:
 and to cover the legs and the feet with the same:
 qua mole plerique habent male
 by which mass (of clothing) most (persons) have ill
 ægros in impetu ipso
 (afflict) the sick in the violence (paroxysm) itself
 febris, que potissime ubi ea est ardens.
 of the fever, and most-especially when it is an ardent

Si corpus cœpit sudare, oportet
 (fever). *If the body has-begun to sweat, it behoves*
 tepefacere lintēum, que paulatim detergere
to make-warm a linen, and by little-and-little to wipe
 singūla membra. At ubi omnis sudor finitus-est,
the several limbs. But when all sweat has-been-ended,
 aut si is venit non, ubi æger videtur
or if that comes not, when the sick (person) seems
 esse idoneus cibo, quam-maxime potuit, est
to be proper for food, as-much-as he could, he-is
 ungendus leniter sub veste, tum detergendus,
to be-anointed gently under the clothing, then to be-wiped,
 deinde cibus dandus ei. Autem is
afterwards food (is) to be-given to him. But that (food
 humidus est aptissimus febricitantibus,
being) moist (liquid) is most-fit (for persons) being-in-fever,
 aut certe quam-proximus humori:
or certainly as-near-as-possible to moisture (liquid):
 utique ex materia quam-levisima, que maxime
especially out-of material as-light-as-possible, and mostly
 sorbitio; que, si febres fuerint
 (especially) *gruel; and, if the fevers may-have-been*
 magnæ, ea debet esse quam-tenuissima. Quoque
great, that ought to be as-thin-as-possible. Also
 despumatum mel adjicitur recte huic, quo
scummed (clarified) honey is-added rightly to this, by which
 corpus nutriatur magis: sed id est supervacuum
the body may-be-nourished more: but that is superfluous
 si offendit stomachum; sicut quoque sorbitio
if it offends the stomach; as also the gruel
 ipsa. Vero vel intrita ex
itself. But either bruised (bread) out-of (sopped in)
 calida aqua, vel elota alica potest dari
hot water, or washed alica is-able to be-given
 in-vicem ejus; si stomachus est firmus, et
in-the-stand of it; if the stomach is strong, and
 alvus compressa, ex mulsa aqua; si vel
the belly compressed, out-of (with) honied water; if either

concoquat. Neque est verum, quod dicitur ab
he may concoct. Nor is-it true, which is said by
 eo, varios cibos concoqui facilius. Enim
him, various foods to be-concocted more-easily. For
 eduntur facilius: autem genus et modus
they are-eaten more-easily: but the kind and manner
 materiæ pertinent ad concoctionem.
(quantity) of the material pertain to concoction.
 Neque est tutum ægrum impleri cibo
Nor is-it safe (for) the sick (person) to be-filled with food
 inter magnos dolores, neque morbo
between (during) great pains, nor the disease
 increscente; sed ubi jam valetudo est inclinata
increasing; but when already the health is inclined
 in melius.
unto better.

Quoque aliæ observationes sunt necessariæ in
Also other observations are necessary in
 febribus. Atque id quoque est videndum,
fevers. And that also is to be-seen (looked-to),
 quod quidam præcipiunt solum, corpus
which some direct (as) the only (thing), (whether) the body
 sit adstrictum, an profluat; alterum
may bound, or may flow (be relaxed); the other (one)
 quorum strangulat, alterum digërit. Nam
of which suffocates, the other digests (exhausts). For
 si est adstrictum, alvus est ducenda,
if it-is bound, the belly is to be-drawn (clystered),
 urina movenda, sudor eliciendus omni
the urine to be-moved (promoted), sweat to be-elicited in every
 modo. In hoc genere morborum prodest etiam
manner. In this kind of diseases it profits also
 misisse sanguinem, concussisse corpus
to have sent (to let) blood, to have-shaken the body
 vehementibus gestationibus, habuisse in
by violent gestations, to have-held (to keep it) in
 lumine, imperasse famem, sitim, vigiliam.
the light, to have commanded hunger, thirst, watching.

Est etiam utile ducere in balnēum,
It-is also useful to lead (the patient) into the bath,
 prius demittere in solium, tum ungere,
previously to lower (him) into the solium, then to anoint
 (him), iterum redire ad solium, que fovere
(him), again to return to the solium, and to foment
 inguina multa aqua; interdum etiam miscere
the groins with much water; sometimes also to mix
 oleum in solio cum calida aqua; uti cibo
oil in the solium with hot water; to use with food
 serius et rarius, tenui, simplici, molli,
later and more-seldom, (and that) thin, simple, soft,
 calido, exiguo; que maxime oleribus, qualia
hot, little; and mostly (especially) potherbs, such-as
 sunt, lapathum urtica, malva; vel etiam jure
are, dock nettle, mallow; or also with juice
 concharum, ve muscutorum, aut locustarum: neque
of shell-fishes, either of muscles, or of lobsters: nor
 est caro danda, nisi elixa. At potio debet
is flesh to be-given, unless boiled. But drink ought
 esse magis liberalis, et ante cibum, et
to be more liberal (abundant), both before food, and
 post hunc, et cum hoc ultra quam sitis
after this, and with this (food) beyond than thirst
 coget: que etiam pinguis aut dulcius vinum
shall-force: and also very-fat (rich) or very-sweet wine
 poterit dari a balneo; Græcum
will be-able to be-given from (after) the bath; Greek
 salsum poterit interponi semel, aut
salted (wine) will be-able to be placed-between once, or
 bis. Vero contra, si corpus profluat,
twice. But on-the-other-hand, if the body shall-flow
 sudor erit coercendus, quies adhibenda;
(be relaxed), sweat will-be to be checked, rest to be-applied;
 utendum tenēbris, que somno,
to be-used (he should use) with darknesses, and with sleep,
 quandocunque volet; corpus agitandum non
whenever he shall wish; the body (is) to be agitated not

nisi leni gestatione, et subveniendum pro
unless by gentle gestation, and to be succoured according-to
 genere mali. Nam si venter fluit,
the kind of the evil (malady). For if the belly flows,
 aut si stomachus continet non, oportet dare
or if the stomach contains not, it behoves to give
 liberaliter tepidam aquam potui, ubi
liberally (copiously) tepid water for drink, when
 febris decrevit, et cogere vomere; nisi
the fever has-decreased, and to force to vomit; unless
 aut fauces, aut præcordia, aut latus dolet,
either the fauces, or the præcordia, or side is-in-pain,
 aut morbus est vetus. Vero si sudor exercet,
or the disease is old. But if sweat exercises
 cutis est duranda nitro, vel
(afflicts), the skin is to be-hardened with nitre, or
 sale, quæ miscentur cum oleo: ac si id
with salt, which are-mixed with oil: and if that
 vitium est levius, corpus unguendum
vice (complaint) is very-light, the body (is) to be-anointed
 oleo; si vehementius rosa, vel
with oil; if very-violent with rose (with rose oil), or
 melino, vel myrtæo, cui austerum
with quince-oil, or with myrtle (oil), to which rough
 vinum adjectum-sit. Autem quisquis æger
wine may-have-been-added. But whatever sick
 est fluore, cum venit in balnæum,
(person) is in flux, when he has come into the bath,
 est prius unguendus, deinde demittendus in
he-is previously to be-anointed, afterwards to be-lowered into
 solium. Si vitium est in cute,
the solium. If the vice (complaint) is in the skin,
 utetur quoque frigida aqua, melius quam calida.
he-will-use also with cold water, better than with hot.
 Ubi ventum-est ad cibum, is debet dari
When it has-been-come to food, that ought to be-given
 valens, frigidus, siccus, simplex, qui possit
strong, cold, dry, simple, (that) which may-be-able

corrumpi quam-minime, tostus, assa caro,
to be-corrupted as-little-as-possible, toasted, roasted flesh,
 austerum vinum, vel certe subausterum; si
rough wine, or certainly somewhat-rough; if
 venter profluit, calidum; si sudores nocent,
the belly flows (is relaxed), hot; if sweats injure,
 ve sunt vomitus; frigidum.
or there-are vomitings, cold.

VII. Etiam casus pestilentiae in febris desiderat
Also an accident of pestilence in fevers requires
 propriam animadversionem. In hac est minime utile,
peculiar consideration. In this it is by-no-means useful,
 uti aut fame, aut medicamentis, aut ducere
to use either with hunger, or with medicines, or to draw
 alvum. Si vires sinunt, est optimum
(clyster) the belly. If the strengths suffer, it-is best
 mittere sanguinem; que praecipue, si febris est
to send (to let) blood; and especially, if the fever is
 cum dolore; si id est parum tutum, purgare
with pain; if that is little (not at all) safe, to purge
 pectus vomitu, ubi febris levata est.
the breast by a vomit, when the fever has-been-lightened.
 Sed est opus ducere in balneum
But it is necessary to lead (the patient) into the bath
 maturius in hoc, quam in aliis morbis; dare calidum
earlier in this, than in other diseases; to give hot
 et meracius vinum, et omnia glutinosa; inter
and very-pure wine, and all glutinous (things); among
 quae quoque carnem ejusdem generis. Nam quo
which also flesh of the same kind. For by which
 celerius tempestates ejusmodi
(by how much) more-quickly tempests (pestilences) of this sort
 corripunt, eo maturius auxilia sunt
snatch-away (destroy), by that (much) earlier aids are
 rapienda, etiam cum quadam temeritate. Quod-si est
to be seized, even with some rashness. But-if it is
 puer qui laborat, neque robur ejus
a boy who labours (is afflicted), nor the strength of him

est tantum, ut sanguis possit mitti, est
is so-great, that blood may-be-able to be-sent (let), it-is
 utendum cucurbitūlis ei;
to be-used (we should use) with the cupping-instruments to him;
 alvus ducenda vel aqua, vel
the belly (is) to be-drawn (clystered) either with water, or
 cremore ptisānæ; tum demum
with the liquor of barley-groat; then at-length (he is)
 nutriendus levibus cibis. Et ex toto
to be nourished with light foods. And out-of the whole
 puēri debent non curari sic, ut viri.
(in general) boys ought not to be treated so, as men.
 Ergo, est agendum parcius in his, ut in
Therefore, it-is to be-acted more-sparingly in these, as in
 quoque alio genere morborum; non facile
each other kind of diseases; not easily (to be induced)
 mittere sanguinem, non facile ducere
to send (let) blood, not easily to draw (clyster)
 alvum, non cruciare vigilia, ve fame, aut
the belly, not to torment by watching, or by hunger, or
 nimia siti, non curare vino. Vomitus
by too-much thirst, not to treat (them) with wine. Vomiting
 est eliciendus post febrem; deinde cibus ex
is to be-elicited after the fever; afterwards food out-of
 levissimis dandus; tum is dormiat; que
the lightest (kinds) to be-given; then he may-sleep; and
 postero die, si febris manet, abstinenceatur;
on the following day, if the fever remains, he may-be-withheld
 tertio, redēat ad similem cibum.
(from food); on the third, he may-return to the like food.
 Que opēra est danda, quantum potest
And work (care) is to be-given, as-much-as is-able
 fieri, ut nutriatur inter opportunam
to be-done, that he may-be-nourished between seasonable
 abstinentiam que opportunos cibos, cetēris
abstinence and seasonable foods, other (things)
 omissis.
being-omitted.

2. Vero si ardens febris extorret, nulla potio
But if an ardent fever burns, no drink
 medicamenti est danda; sed est refrigerandus in
of medicine is to-be-given; but he-is to-be-cooled in
 accessionibus ipsis oléo et aqua, quæ
the accessions themselves with oil and with water, which
 sunt miscenda manu, donec albescant;
are to be-mixed with the hand, until they may-become-white;
 tenendus eo conclavi, quo possit
(he is) to be-held in that chamber, in which he may-be-able
 trahere multum et purum aërem; neque est
to draw much and pure air; nor is-he
 strangulandus vestimentis, sed velandus tantum
to be-suffocated with clothings, but to be-covered only
 admōdum-levibus. Etiam folia vitis tincta
with-very-light (clothings). Also leaves of the vine dipped
 in frigida aqua possunt imponi super stomāchum.
in cold water arc-able to be-put-on upon the stomach.
 Ac est ne-quidem vexandus nimia siti.
And he is not-even to be-harassed by too-much thirst.
 Est alendus maturius, id est, a
He is to be-nourished earlier, that is, from (after)
 tertio die; et perungendus iisdem
the third day; and to be-thoroughly-anointed with the same
 ante cibum. Si pituita coit in stomācho,
before food. If phlegm has-collected in the stomach,
 accessione jam inclinata, est
the accession already being-inclined (decreasing), he is
 cogendus vomere; tum frigidum olus dandum,
to be-forced to vomit; the cold potherb (is) to be-given,
 aut pomum, ex iis quæ conveniunt
or fruit, out-of those (sorts) which are-fit
 stomācho. Si stomāchus manet siccus, cremor
for the stomach. If the stomach remains dry, the liquor
 vel ptisanæ, vel alicæ, vel oryzæ, est
either of barley-groat, or of alica, or of rice, is
 protinus dandus, cum quo recens adeps
immediately to be-given, with which fresh fat

cocta-sit. Vero cum morbus est in summo
may have-been-boiled. But when the disease is in the highest
 incremento, magna siti antecedente, frigida aqua est
increase, great thirst preceding, cold water is
 præstanda copiose, utique non ante quartum
to be-afforded (given) copiously, truly not before the fourth
 diem, ut bibat etiam ultra satietatem; et
day, that he may-drink even beyond satiety; and
 cum venter et præcordia sunt jam repleta ultra
when the belly and præcordia are already filled beyond
 modum, que satis refrigerata, debet vomere.
measure, and sufficiently cooled, he ought to vomit.
 Quidam ne-quidem exigunt vomitum; sed
Some (physicians) not-even require a vomit; but
 utuntur tantum frigida aqua ipsa, data ad satietatem,
they use only with cold water itself, given to satiety,
 pro medicamento. Ubi utrumlibet factum-est, est
for a medicine. When one-or-other has-been-done, he is
 operiendus multa veste, et collocandus, ut
to be-covered with much clothing, and to be-placed, that
 dormiat. Que fere post longam sitim
he may-sleep. And for-the-most-part after long thirst
 et vigiliam, post multam satietatem, post calorem
and watching, after much satiety, after the heat
 infractum, plenus somnus venit, per
being-broken (diminished), full sleep comes, through
 quem ingens sudor effunditur, que id est
(during) which great sweat is poured-forth, and that is
 præsentissimum auxilium; sed tamen in iis in
most present (prompt) aid; but yet in those in
 quibus præter ardorem, nulli
whom (there are) besides the heat (ardent fever), no
 dolores, nullus tumor præcordiorum; nihil prohibens,
pains, no swelling of the præcordia; nothing hindering,
 vel in thorace, vel in pulmone, vel in faucibus;
either in the thorax, or in the lungs, or in the fauces;
 fuit non ulcus, non dejectio, non profluvium
there-has-been not ulcer, not purge, not flux

alvi. Autem si quis in febre hujusmodi
of the belly. But if any (person) in a fever of this sort
 tussit leviter, is neque conflictatur
coughs slightly, he neither struggles (ought to struggle)
 vehementi siti, neque debet bibere frigidam aquam;
with violent thirst, nor ought to drink cold water;
 sed est curandus eo modo, quo praecepitur in
but he is to be-treated in that manner, in which it is directed in
 cæteris febribus.
other fevers.

VIII. At ubi est id genus tertianæ, quod medici
But when it is that kind of tertian, which physicians
 appellant *ἡμιτρίταιον* (hēmitritaion), est opus magna
call semitertian, there-is need with great
 cura, ne id fallat. Enim plerumque habet
care, lest that may deceive. For generally it has
 frequentiores accessiones que decessiones, ut
more-frequent accessions and departures, so-that
 possit videri aliud genus morbi: que
it-may-be-able to seem another kind of disease: and
 febris porrigitur inter viginti quatuor, et triginta
the fever is extended between twenty four, and thirty:
 sex horas; ut, quod est idem, videatur esse
six hours; so-that, what is the same, may-seem to be
 non idem. Et est magnopere necessarium, neque
not the same. And it is greatly necessary, neither
 cibum dari, nisi in ea remissione quæ
(for) food to be-given, unless in that remission which
 est vera; et ubi ea venit, dari
is true (real); and when it comes, to be-given
 protinus; que plurimi moriuntur subito sub
immediately; and very-many die suddenly under
 alterutro errore curantis. Ac, nisi
one-or-other mistake (of the person) treating. And, unless
 aliqua res magnopere prohibet, sanguis debet mitti
some thing greatly prevents, blood ought to be-sent
 inter initia; tum cibus
(to be let) among (during) the beginnings; then food

dari, qui neque incitet febrem, et tamen
to be-given, which neither may-incite fever, and yet
 sustineat longum spatium ejus.
may support the long space (duration) of it.

IX. Etiam nonnunquam lentæ febres tenent corpus
Also sometimes slow fevers hold the body
 sine ulla remissione; ac est locus neque cibo,
without any remission; and there-is place neither for food,
 neque ulli remedio. In hoc casu cura
nor for any remedy. In this case the care
 medici debet esse, ut mutet morbum;
of the physician ought to be, that he may change the disease;
 enim fortasse fiet opportunior curationi.
for perhaps it will-be-made more convenient for treatment.

Igitur corpus ejus est pertractandum
Therefore the body of him is to be handled (rubbed over)
 ex frigida aqua, cui olëum adjectum-sit,
out-of (with) cold water, to which oil may-have-been-added,
 quoniam interdum evenit sic, ut horror oriatur,
because sometimes it happens thus, that shivering may arise,
 et quoddam initium novi motus fiat;
and some beginning of new movement may be-made;
 que ex eo, cum corpus incaluit magis, etiam
and out-of that, when the body has-become-hot more, also
 remissio sequatur. In his quoque frictio
a remission may-follow. In these (cases) also friction
 ex olëo et sale videtur salubris. At si
out-of (with) oil and salt seems salutary. But if
 est diu frigus, et torpor, et jactatio
there-is a long-time cold, and numbness, and agitation
 corporis, est non alienum, in febre ipsa
of the body, it is not foreign (improper) in the fever itself
 dare tres aut quatuor cyathos mulsi, vel vinum
to give three or four glasses of hydromel, or wine
 bene dilutum cum cibo. Enim sæpe febris
well diluted with the food. For often the fever
 intenditur ex eo; et major calor
is stretched (augmented) out-of that; and a greater heat

ortus simul, et tollit priora
having-arisen at-the-same-time, both takes-away former
 mala, et ostendit spem remissionis, que in ea curationis.
evils, and shews hope of remission, and in it of cure.
 Neque, Hercüle, est ista nova curatio, qua
Nor, by-Hercules, is that a new treatment, by which
 nunc quidam sanant interdum contrariis remediis ægros
now some cure sometimes by contrary remedies the sick
 traditos sibi, qui trahebantur
delivered (entrusted) to themselves, who were drawn (kept
 sub cautioribus medicis. Siquidem apud
suffering) under more-cautious physicians. Since-that with
 antiquos quoque ante Herophilum et Erasistratum,
the ancients also before Herophilus and Erasistratus,
 que maxime post Hippocratem, fuit
and mostly (especially) after Hippocrates, there-was
 quidam Petro, qui operiebat multis vestimentis
a certain Petro, who did cover with many clothings
 hominem ubi acceperat febricitantem, ut
a man when he had-received (him) being-in-fever, that
 simul excitaret ingentem calorem que
at-the-same-time he might-excite great heat and
 sitim: deinde, ubi febris coeperat remitti
thirst: afterwards, when the fever had begun to be remitted
 paulum, dabat frigidam aquam potui; ac si
a little, he did-give cold water for drink; and if
 moverat sudorem, judicabat se
he had-moved (promoted) sweat, he did judge himself
 explicuisse ægrum; si moverat
to have-unfolded (cured) the sick (person); if he had-moved
 non, ingerebat etiam
(promoted sweat) not, he did cast-in (made him drink) even
 plus frigida aqua, et tum cogebat vomere.
more of cold water, and then did force (him) to vomit.
 Si liberaverat febre alterutro modo,
If he had freed (him) from fever in-one-or-other manner,
 protinus dabat homini assam
immediately he did-give to the man roasted (flesh)

suillam et vinum: si liberavērat
belonging-to-swine (pork) and wine: if he had-freed (him)
 non, decoquebat aquam, sale adjecto, que coge-
not, he did-boil water, salt being-added, and did force
 bibere eam, ut movendo ventrem
(him) to drink it, that by moving (purging) the belly
 purgaret. Et omnis medicina ejus
he might cleanse (him). And all the medicine of him
 erat intra hæc: que ea fuit non
was within (confined to) these (things): and it was not
 minus grata iis quos successores Hippocrātis
less pleasing to those whom the successors of Hippocrates
 refecerant non, quam est nunc iis, quos æmūli
had restored not, than it is now to those, whom the rivals
 Herophīli et Erasistrāti expelierunt
(disciples) of Herophilus and of Erasistratus have-freed
 non, tractos diu.
(cured) not, being-drawn a long-time (after a protracted
 Necque tamen est ista medicina
treatment). Nor yet is that medicine (treatment)
 non idēo temeraria; quia interimit
not on-that-account rash; because it destroys
 plures, si exceperit protinus
very-many, if it has-taken-up (has been applied) immediately
 a principiis. Sed cum eādem
from the beginnings. But when (since) the same (things)
 possint non convenire omnibus, fere
may-be-able not to be-fit to all, for-the-most-part
 temeritas adjuvat quos ratio
rashness assists (those) whom reason (rational treatment)
 restituit non. Que idēo medici ejusmodi
has restored not. And on-that-account physicians of this-sort
 nutriunt ægros alienos, melius
nourish (cure) the sick (patients) belonging-to-others, better
 quam suos. Sed est quoque circumspecti
than their-own. But it-is (the duty) also of a circumspect
 hominis, et novare interdum, et augere morbum,
man, both to renew sometimes, and to increase the disease,

et accendĕre febres; quia, ubi id quod est
and to inflame the fevers; because, when that which is

recipit non
 (the present situation of the patient) receives (admits) not
 curationem, id quod est futurum, potest recipĕre
a cure, that which is about-to-be, is-able to receive

id.

(admit) *that.*

x. Est etiam considerandum, ne febres sint
It-is also to be-considered, whether the fever may-be

solæ, an quoque alia mala accedant
alone, or also other evils (maladies) may accede

his; id est, num caput
 (accompany) *to these; that is, whether the head*

dolĕat, num lingua aspĕra, num
may-be-in-pain, whether the tongue (be) rough, whether

præcordia sint intenta. Si sunt dolores
the præcordia may-be stretched (tense). If there-are pains

capitis, oportet miscere rosam cum aceto, et
of the head, it behoves to mingle rose (oil) with vinegar, and

ingerĕre in id: deinde habere duo pittacia,
to cast (it) on upon that: afterwards to have two plasters,

quæ æquent latitudinem que longitudinem
which may-equal the breadth and the length

frontis; habere invicem altĕrum ex
of the forehead; to have in-turn the other (one) out-of

his in aceto et rosa, altĕrum in
these in the vinegar and in the rose (oil), the other on

fronte; aut imponĕre succidam-lanam intinctam
the forehead; or to place-on greasy-wool dipped-in

iisdem. Si acetum offendit, est utendum pura
the same. If vinegar offends, it is to be-used with pure

rosa; si rosa ipsa lædit, acerbo
rose (oil); if rose (oil) itself hurts, with bitter (almond)

olĕo. Si ista juvant parum, vel arida iris
oil. If those (things) assist little, either dry iris

potest teri, vel amaræ nuces, vel quælibet
is-able to be-rubbed, or bitter nuts (almonds), or any

herba ex refrigerantibus : quidlibet quorum ex
herb out-of the cooling (herbs) : any of which out-of
 aceto impositum, minuit dolorem ; sed
(with) vinegar being-placed-on, diminishes the pain ; but
 aliud magis in alio.
another (one) more in another (one), (another more in another).
 Etiam panis cum papavere injectus ; vel
Also bread with poppy cast-on (applied) ; or
 cum rosa, cerussa, ve spuma argenti.
with rose (oil), white-lead, or with foam of silver (litharge).
 Quoque est non alienum olfacere vel
Also it-is not foreign (improper) to smell either
 serpyllum vel anethum. At si est inflammatio et
wild-thyme or dill. But if there-is inflammation and
 dolor in præcordiis, primo reprimentia cataplasmata
pain in the præcordia, at-first repressing cataplasms
 sunt superimponenda, ne si fuerint calidiora,
are to be-put-over, lest if they may-have-been too-hot,
 plus materię concurrat eo ;
more of matter may-run-together (be attracted) thither ;
 deinde, ubi prima inflammatio remisit se,
afterwards, when the first inflammation has remitted itself,
 tunc demum est veniendum ad calida et humida ;
then at-length it-is to be-come to hot and moist
 ut discutiant ea quæ
(cataplasms) ; that they may dissipate those (things) which
 remanserunt. Vero sunt quatuor notæ inflammationis,
have-remained. But there-are four marks of inflammation,
 rubor, et tumor, cum calore et dolore. Quo
redness, and swelling, with heat and pain. In which
 Erasistratus erravit magis, qui dixit nullam febrem esse
Erasistratus erred more, who said no fever to be
 sine hac. Ergo si est dolor
without this (inflammation). Therefore if there-is pain
 sine inflammatione, nihil est imponendum ; enim
without inflammation, nothing is to be-put-on ; for
 febris ipsa statim solvit hunc. At
the fever itself immediately looses (dissipates) this. But

si est neque inflammatio neque febris, sed tantum
if there-is neither inflammation nor fever, but only
 dolor præcordiorum, licet uti protinus
pain of the præcordia, it-is-allowed to use immediately
 calidis et siccis fomentis. Vero si lingua est
with hot and with dry fomentations. But if the tongue is
 arida et scabra, primum est detergenda
dry and rough, first it is to be-wiped (cleansed)
 penicillo ex calida aqua :
with a compress (rubber) out-of (dipped in) hot water :
 deinde ungenda rosa et melle
afterwards to be-anointed with rose (oil) and with honey
 mixtis inter se. Mel purgat, rosa
mixed among themselves. The honey cleanses, the rose (oil)
 reprimit, que simul sinit non siccescere.
represses, and at-the-same-time suffers (it) not to-become-dry.
 At si est non scabra, sed arida, ubi deterasa-est
But if it is not rough, but dry, when it has-been-wiped
 penicillo, debet ungi rosa,
with the compress, it ought to be-anointed with rose (oil),
 cui paulum ceræ adjectum-sit
to which a little of wax may-have-been-added.

XI. Etiam frigus solet esse ante febres ; que
Also cold is-accustomed to be before fevers ; and
 id est vel molestissimum genus morbi.
that is either (even) a most-troublesome kind of disease.
 Ubi id expectatur, æger est prohibendus
When that is-expected, the sick (person) is to be-hindered
 omni potione ; enim hæc data paulo ante
from all drink ; for this being-given a little before
 adjicit multum malo : item est tegendus
adds much to the evil : also he is to be-covered
 maturius multa veste : sicca et calida fomenta
very-early with much clothing : dry and hot fomentations
 admovenda his partibus pro quibus metuimus,
(are) to be-applied to those parts for which we fear,
 sic ne vehementissimi calores incipiant
so lest (so that not) the most-violent heats may begin

statim, sed increscant paulatim.
immediately (at first), but may increase by little-and-little.

Quoque eæ partes sunt perfricandæ manibus
Also those parts are to-be-rubbed-over by the hands

unctis ex vetère olëo, que aliquid ex
anointed out-of (with) old oil, and some (thing) out-of

calefacientibus adjiciendum ei. Que
(the ingredients) making-hot (is) to be-added to it. And

quidam medici sunt contenti una frictione, etiam
some physicians are contented with one rubbing, even

ex quolibet olëo. In remissionibus harum
out-of (with) any oil. In remissions of these

febrïum nonnulli dant tres aut quatuor cyäthos sorbitionis,
fevers some give three or four glasses of gruel,

febre etiamnum manente: deinde ea bene
the fever even-yet remaining: afterwards it well (entirely)

finita, reficiunt stomachum frigido et
being-ended, they repair (fortify) the stomach with cold and

levi cibo. Ego puto hoc tentandum tum, quum
with light food. I think this to be-tried then, when

cibus datus semel et post febrem prodest parum. Sed
food given once and after fever profits little. But

est prospiciendum curiose, ne tempus remissionis
it-is to be-looked-to carefully, lest the time of the remission

decipiat: enim in hoc genere valetudinis quoque
may deceive: for in this kind of (ill) health also

sæpe febris videtur jam minui, et rursus
often the fever seems already to be diminished, and again

intenditur. Itaque est credendum
is-stretched (augmented). Therefore it is to be-believed

ei remissioni quæ etiam immoratur,
(trusted) to that remission which even delays (is lasting),

et minuit jactationem, que quendam fætorem
and diminishes the agitation, and the certain foul-scent

oris, quem Græci vocant ὄζην (özēn). Illud
of the-mouth, which the Greeks call (özē). That

convēnit satis, si accessiones sunt pares quotidie,
is fit enough, if the accessions are equal daily,

parvum cibum dandum quotidie : si
 (for) *a little food to be-given daily :* if (they are)
 impares, cibum post graviolem ;
unequal, (for) the food (to be given) after the heavier
 mulsam aquam, post leviolem.
 (accession) ; *honeyed water, after the lighter.*

XII. Autem horror fere antecedit eas
But shivering for-the-most-part goes-before those
 febres quæ habent certum circuitum,
fevers which have a certain circuit (a regular return),
 et remittuntur ex-toto ; que idè sunt
and are-remitted entirely ; and on-that-account are
 tutissimæ, que maxime admittunt curationes. Nam ubi
most-safe, and mostly admit cures. For when
 tempora sunt incerta, neque ductio
the times (returns) are uncertain (irregular), neither drawing
 alvi, neque balnèum, neque vinum,
of the belly (clystering), nor a bath, nor wine,
 neque aliud medicamentum, datur recte. Enim est
nor other medicine, is-given rightly. For it-is
 incertum, quando febris sit ventura : ita
uncertain, when the fever may be about-to-come : thus
 potest fieri, ut, si venërit
it-is-able to be-done (it is possible), that, if it may have-come
 subito, summa perniciës sit in eo quod
suddenly, the highest injury may-be in that which
 inventum-sit causa auxiliï. Que nihil
may have-been-discovered for-the sake of aid. And nothing
 aliud potest fieri, quam ut æger
other (else) is-able to be-done, than that the sick (person)
 abstineatur bene primis diebus ; deinde
may be-made-to-abstain well in the first days ; afterwards
 umat cibum, sub decessu ejus
he may-take food, under (after) the departure of that
 febris quæ est gravissïma. At ubi
fever (accession) which is the heaviest. But when
 circuitus est certus, omnia illa
the circuit (return) is certain (regular), all those

tentantur facilius ; quia possumus
 (remedies) are-*tried* more-easily ; because we are-able
 magis proponere nobis vices
more to propose (calculate) to us (ourselves) the changes
 et accessionum et decessionum. Autem
 (order) both of the accessions and of the departures. But
 in his, cum inveteraverunt, fames
 in these (fevers), when they-have-grown-old, hunger (fasting)
 est non utilis : est pugnandum ea
 is not useful : it-is to-be-fought (resisted) with this
 tantummodo primis diebus ; deinde curatio
 only in the first days ; afterwards the treatment
 est dividenda, et horror ante,
 is to be-divided (in its objects), and the shivering before
 tum febris discutienda.
 (in the first place), then the fever (is) to be-dissipated.
 Igñtur cum primum aliquis inhorruit, et
 Therefore when first some (person) has-shivered, and
 ex horrore incaluit, oportet dare
 out-of (after) the shivering has-become-hot, it behoves to give
 ei potii tepidam aquam subsalsam, et
 to him for drink tepid water slightly-salted, and
 cogere cum vomere : nam fere talis
 to compel him to vomit : for for-the-most-part such
 horror oritur ab iis, quæ biliosa
 shivering arises from those (things), which (being) bilious
 resederunt in stomacho. Idem est faciendum, si
 have-settled in the stomach. The same is to be-done, if
 quoque accessit quoque æque
 also it has acceded (accompanied) also equally
 proximo circuitu : enim sic sæpe discutitur.
 in the next circuit (return) : for thus often it-is-dissipated.
 Que jam, licet scire quod genus febris
 And already, it-is-allowed to know what kind of fever
 sit. Itaque sub expectatione proximæ
 it-may-be. Therefore under the expectation of the next
 accessionis, quæ tertia, potest instare,
 accession, which (being) the third, is-able to be-at-hand,

est deducendus in balnēum; que opēra danda
he-is to be-led into the bath; and labour to be-given
 ut sit in solio per
 (we should endeavour) *that he may-be in the solium through*
 tempus horroris. Si sensērit
 (during) *the time of the shivering. If he may have-felt (it)*
 ibi quoque, nihilominus faciāt idem sub
there also, nevertheless he may-do the same under (about)
 expectatione quartæ accessionis: siquidem eo
the expectation of the fourth accession: since-that in that
 modo quoque sæpe is discutitur. Si
manner also often that (shivering) is dissipated. If
 ne-quidem balnēum profuit, edat allium ante
not-even the bath has-profited, he may eat garlick before
 accessionem, aut bibat calidam aquam cum pipere;
the accession, or he may drink hot water with pepper;
 siquidem ea quoque assumpta movent
since-that those (things) also being-taken move (promote)
 calorem, qui admittit non horrorem. Deinde
heat, which admits not shivering. Afterwards
 operiatur eodem modo quo
he may-be-covered in the same manner in which
 præceptum-est in frigore, antequam possit
it has-been directed in cold, before-that he may-be-able
 inhorrescere: que convēnit circumdare protinus
to begin-to-shiver: and it is-fit to surround immediately
 totum corpus validioribus fomentis, que
the whole body with very-powerful fomentations, and
 maxime extinctis testis et titionibus
mostly (especially) with extinguished bricks and brands
 involutis. Si nihilominus horror
wrapped-up (in cloth). If nevertheless the shivering
 perrupērit, perfundatur inter
may-have-burst-forth, he may-be-poured-over among (under)
 vestimenta ipsa multo calefacto olēo, cui
the clothes themselves with much heated oil, to which
 aliquid ex calefacientibus æque
some (thing) out-of (the ingredients) making-hot equally

adjectum-sit ; que frictio adhibeatur, quantam
may-have-been-added ; and friction may-be-applied, as-great-as
 is potērit sustinere, que maxime in manibus et
he shall-be-able to support, and especially in the hands and
 pedibus ; et ipse continēat
in the feet ; and (the patient) himself may (should) retain
 spiritum. Neque est desistendum, etiamsi est
the breath. Nor is-it to be-desisted, even-if there-is
 horror ; enim sæpe pertinacia
shivering ; for often the obstinacy (perseverance)
 juvantis vincit malum
of (the attendant) assisting conquers the evil (malady)
 corpōris. Si evomuit quid, tepida aqua
of the body. If he has vomited any (thing), tepid water
 danda, que est cogendus iterum vomere ; que
(is) to be-given, and he-is to be-forced again to vomit ; and
 est utendum eisdem donec horror
it-is to be-used with the same (things) until the shivering
 finiatur. Sed præter hæc alvus est
may-be-ended. But besides these (things) the belly is
 ducenda, si horror quiescet
to be-drawn (clystered), if the shivering shall-become-quiet
 tardius, siquidem id quoque prodest, corpore
very-slowly, since-that that also profits, the body
 exonerato. Que ultima auxilia post hæc sunt
being disburdened. And the last aids after these are
 gestatio et frictio. Autem cibus, qui præstet
gestation and friction. But food, which may render
 alvum mollem, est maxime dandus in morbis
the belly soft, is especially to be-given in diseases
 ejusmodi ; glutinosa caro ; austerum vinum, cum
of this-sort ; glutinous flesh ; rough wine, when
 dabitur.
(any) shall-be-given.

XIII. Hæc pertinent ad omnes circuitus
These (things) pertain to all the circuits
 febrium ; tamen singulæ sunt
(returns) of fevers ; yet the several (severally) they are

discernendæ, sicut habent dissimilem
to be-distinguished, according-as they have a dissimilar
 rationem.

Si est quotidiana, oportet
reason (rule of treatment). If it-is a daily (fever), it behoves

abstinere magnopere primo
(the patient) to abstain greatly in the first
 tridū; tum uti cibis quoque altēro
three-days-space; then to use with foods in each other

die. Si res inveteraverit
(alternate) day. If the thing may have-grown-old (he ought)

post febrem experiri balnēum et vinum; que magis
after the fever to try a bath and wine; and more(so)

si hæc sup̄est, horrore sublato.
if this (the fever) remains, the shivering being withdrawn.

XIV. Vero si est tertiana, quæ intermittit ex-toto,
But if it-is a tertian, which intermits entirely,

aut est quartana, oportet uti et ambulationibus,
or it-is a quartan, it behoves to use both with walkings,

que aliis exercitationibus, et unctionibus,
and with other exercises, and with anointings,

mediis diebus. Quidam ex
in the middle (intermediate) days. Some (one) out-of

antiquioribus medicis, Cleophrantus, in hoc genere
the more-ancient physicians, Cleophrantus, in this kind

morborum, multo ante accessionem, perfundebat
of diseases, by much before the accession, did-pour-over

ægrum per caput multa calida
the sick (person) through (over) the head with much hot

aqua, deinde dabat vinum. Quod
water, afterwards he did give wine. Which (rule)

Asclepiades præterit recte, quamvis secutus-est
Asclepiades has past-over rightly, although he has followed

pleræque præcepta ejus viri: enim est anceps.
most directions of that man: for it is doubtful.

Iipse dicit, oportere alvum duci
(Asclepiades) himself says, to behave the belly to be drawn

tertio die post accessionem, si
(to be clystered) on the third day after the accession, if

febris est tertiana; quinto elicere vomitum post
the fever is tertian; on the fifth to elicit a vomit after
 horrorem; deinde post febrem, sicut
the shivering; afterwards after the fever (accession), as
 mos erat illi dare cibum et vinum
the custom was to him to give food and wine (to the
 adhuc calidis; sexto die detineri
patients being) as-yet hot; on the sixth day to be-detained
 in lectulo; enim sic fore,
in the little-bed; for (he thought) thus to be-about-to-be,
 febris ne-accedat septimo die. Est
the fever may-(would) not-accede on the seventh day. It-is
 verisimile, id sæpe posse fieri.
probable, that often to be-able to be-done (to be the case).
 Tamen est tutius, ut utamur hoc ordine ipso,
Yet it-is safer, that we may-use with this order itself,
 tentare tria remedia, vomitus, ductionis
to try the three remedies, of vomiting, of drawing
 alvi, vini, per
of the belly (clystering), of wine, through
 triduum, id est, tertio, et quinto,
the space-of-three-days, that is, on the third, and fifth,
 et septimo die; nec bibat vinum septimo
and seventh day; nor may he drink wine on the seventh
 die, nisi post accessionem. Vero si morbus
day, unless after the accession. But if the disease
 discussus-est non primis diebus, que incidit
has been dissipated not in the first days, and has fallen
 in vetustatem, continēat se
into age (become inveterate), he may retain himself
 lectulo die quo febris expectabitur:
in little-bed on the day in which the fever shall-be-expected:
 post febrem perfricetur, tum cibo assumto,
after the fever he may-be-rubbed, then food being-taken,
 bibat aquam; postero die, qui vacat,
he may drink water; on the following day, which is-free
 conquiescat ab exercitatione que
(has an intermission), he may rest from exercise and

unctione, contentus aqua tantum. Et id
from anointing, content with water only. And that
 quidem est optimum. Vero si imbecillitas
indeed is the best (method). But if weakness
 urgebit, debebit et assumere vinum post
shall-oppress, he will ought both to take wine after
 febrem, et paulum cibi medio-die.
the fever, and a little of food in-mid-day.

xv. Eādem sunt facienda in quartana.
The same (things) are to be-done in a quartan.
 Sed cum hæc finiatur admōdum tarde,
But when (since) this may-be-ended very slowly,
 nisi discussa-est primis diebus, est
unless it has-been-dissipated in the first days, it-is
 præcipiendum diligentius ab initio, quid
to-be-advised very-diligently from the beginning, what
 debēat fieri in ea. Igītur si febris accessit
may-ought to be-done in it. Therefore if fever has acceded
 cui cum horrore, que ea desiit, eodem
to any (person) with shivering, and it has-ceased, on the same
 die et postēro, que tertio, debet
day and on the following, and on the third, he ought
 continere se, et sumere tantummōdo calidam aquam
to restrain himself, and to take only hot water
 primo die post febrem; proximo biduo
on the first day after the fever; in the next space-of-two-days
 ne-quidem hanc, quantum potest fieri.
not even this, as-much-as is-able to be-done (as far as
 Si quarto die febris revertitur
possible). If on the fourth day the fever returns

cum horrore, vomere, sicut præceptum-est
with shivering, (he ought) to vomit, as has-been-directed
 ante; deinde post febrem, sumere modicum
before; afterwards after the fever, to take moderate
 cibum, quadrantem vini; postēro que
food, a quarter-of-a-pint of wine; on the following and
 tertio die abstinere, tantummōdo calida aqua
on the third day to abstain, only hot water

assumpta, si est sitis. Septimo die
being-taken, if there-is thirst. On-the seventh day
 prævenire frigus balnëo; si febris
to anticipate the cold (attack) by the bath; if the fever
 rediërit, ducëre alvum; ubi
may have-retained, to draw the belly (to use clyster); when
 ex eo corpus conquievërit,
out-of (after) that the body may have-become-quiet,
 perfricari vehementer in unctione; sumëre
to be-rubbed violently in (during) anointing; to take
 cibum et vinum eodem modo;
food and wine in the same manner (as before);
 proximo biduo abstinere se, frictione
in the next space-of-two-days to abstain himself, friction
 servata. Decimotertio die rursus
being kept (observed). On the thirteenth day again
 experiri balnëum; et, si postëa febris
to try a bath; and, if afterwards the fever
 accessit, æque perfricari, bibëre
has-acceded, equally (as before) to be-rubbed, to drink
 vinum copiosius. Ac sic est proximum,
wine more-copiously. And thus it-is nearest (it is
 ut quies tot dierum, et abstinentiã
usual), that rest of-so-many days, and abstinence
 cum cæteris, quæ præcipiuntur, tollant
with the other (things), which are-directed, may-take-away
 febrem. Vero si nihilominus remãnet, aliud
the fever. But if nevertheless it remains, another
 genus curationis ex-toto est sequendum; que id
kind of treatment entirely is to be-followed; and that (is)
 agendum, at corpus sustinëat facile
to-be-acted (taken care of), that the body may support easily
 quod est sustinendum diu. Quo
(that) which is to be-supported a long-time. By which
 minus etiã curatio Heraclidis,
(reason) the less also the treatment of Heraclides,
 Tarentini, debet probari, qui dixit
belonging-to-Tarentum, ought to be-approved, who has-said

alvum ducendam, primis
the belly to be-drawn (ought to be clystered), in the first
 diebus, deinde abstinendum in
days, afterwards to be-abstained (he ought to abstain) unto
 septimum diem. Quod ut aliquis possit
the seventh day. Which although some(person) may-be-able
 sustinere, tamen, etiam liberatus febre,
to support, yet, even being-freed from fever,
 valebit vix refectiōni; adēo,
he will be-strong (enough) scarcely for re-establishment; so-that,
 si febris accesserit sæpius, concidet.
if fever may-have-acceded very-often, he will fall (be
 exhausted). Igitur si morbus manebit
Therefore if the disease shall remain
 decimotertio die, balnēum erit tentandum
on the thirteenth day, a bath will-be to be tried
 neque ante febrem, neque post eam; nisi
neither before the fever, nor after it; unless
 interdum horrore jam discusso: horror
sometimes the shivering already being-dissipated: the shivering
 ipse expugnandus, per ea,
itself (is) to be-fought-against, through those (things),
 quæ scripta-sunt supra. Deinde post
which have-been-written above. Afterwards after
 febrem oportebit ungi, et perfricari
the fever it will-behave to be-anointed, and to be-rubbed
 vehementer; et assumere validum cibum, et
violently; and to take strong food, and
 fortiter; uti vino quantum
strongly (in abundance); to use with wine as-much-as
 libebit: postero die, cum quieverit
it shall-please: on the following day, when he may-have-rested
 satis, ambulare, exerceri, ungi, perfricari
enough, to walk, to be-exercised, to be-anointed, to be-rubbed
 fortiter, capere cibum sine vino: tertio die
strongly, to take food without wine: on the third day
 abstinere. Vero die quo expectabit
to abstain. But on the day in which he shall expect

febre[m], surgere ante, et
the fever, (he ought) to rise before (the accession), and
 exerceri, que dare op[er]am ut
to be-exercised, and to give labour (to endeavour) that
 tempus febris incurrat in
the time of the fever may run-into (encroach) into
 exercitationem ipsam: enim sic sæpe illa discutitur.
the exercise itself: for thus often it is dissipated.
 At si occupavit in op[er]e, tum
But if it has seized (him) in the work, (he ought) then
 demum recipere se. In valetudine ejusmodi
at-length to withdraw himself. In (ill) health of this-sort
 medicamenta sunt ol[eu]m, frictio, exercitatio, cibus,
the medicines are oil, friction, exercise, food,
 vinum. Si venter est adstrictus, est solvendus.
wine. If the belly is bound, it-is to be-loosed.
 Sed validiores faciunt hæc facile: si
But very-strong (persons) do these (things) easily: if
 imbecillitas occupavit, gestatio est pro
weakness has seized (him), gestation is for (instead-of)
 exercitatione: si sustinet ne-quidem hanc, tamen
exercise: if he supports not-even this, yet
 frictio est adhibenda: si hæc quoque vehemens
friction is to be-applied: if this also (being) violent
 onerat, est sistendum intra quietem
burthens (afflicts), it-is to be-stopped (limited) within rest
 et unctionem, et cibum; que op[er]a est danda,
and anointing, and food; and labour is to be-given
 ne qua cruditas vertat id
(care must be taken), lest any indigestion may turn that
 malum in quotidianam. Nam quartana
evil (malady) into a daily (fever). For a quartan
 jugulat neminem; sed si quotidiana facta-est
destroys no-one; but if a daily (fever) has-been-made
 ex ea, æger est in malis: quod
out-of it, the sick (person) is in evils (danger); which

tamen nunquam fit, nisi culpa vel
however never is-done (happens), unless by the fault either
 ægri vel curantis.
of the sick (person) or (of the person) attending.

xvi. At si sunt duæ quartanæ, neque eæ
But if there-are two quartans, not those
 exercitationes quas proposui possunt adhiberi;
exercises which I have-proposed are-able to be-applied;
 est opus aut quiescere ex-toto, aut si id
it is needful either to rest entirely, or if that
 est difficile, ambulare leniter; considerare pedibus
is difficult, to walk gently; to sit-down with the feet
 et capite diligenter involutis; quoties febris
and head carefully wrapped-up: as-often-as the fever
 accessit et desit, sumere modicum cibum et
has acceded and has ceased, to take moderate food and
 vinum; reliquo tempore abstinere, nisi
wine; in the remaining time to-abstain, unless
 imbecillitas urget. At si duæ febres pæne
weakness oppresses. But if two fevers almost
 junguntur, sumere cibum post utramque: deinde,
are-joined, to take food after each: afterwards,
 vacuo tempore, et moveri aliquid,
in the vacant time, both to be-moved something (somewhat),
 et post unctionem uti cibo. Vero cum
and after anointing to use with food. But when
 vetus quartana solvatur
(since) an old quartan may-be-loosed (terminates)
 raro, nisi vere est attendendum utique
seldom, unless in spring it is to be-attended-to especially
 eo tempore, ne quid fiat quod
in that time, lest any (thing) may be-done which
 impediat valetudinem. Que in vetere quartana
may hinder health. And in an old quartan
 prodest mutare subinde genus victus;
it-profits to change occasionally the kind of victual:

transire a vino ad aquam, ab aqua ad vinum,
to go-over from wine to water, from water to wine,
 a lenibus cibis ad acres, ab acribus ad
from gentle (mild) foods to acrid, from acrid to
 lenes; esse radicem, deinde vomere; ve
gentle (mild); to eat root (radish), afterwards to vomit; or
 resolvēre ventrem jure pulli gallinacēi;
to relax the belly with broth of chicken belonging-to-the-hen;
 adjicere calefacientia olēo ad frictiones;
to add calefacient (ingredients) to oil to (for) frictions;
 ante accessionem sorbere vel duos cyathos
before the accession to sup either two glasses
 aceti vel unum sinapis cum tribus Græci
of vinegar or one of mustard with three of Greek
 vini salsi, vel piper, castorēum, laser, myrrham,
wine salted, or pepper, castor laser, myrrh,
 mixta paribus portionibus, et diluta in aqua. Enim
mixed in equal portions, and diluted in water. For
 per hæc que similia corpus est agitandum,
by these and the like (things) the body is to be-agitated,
 ut moveatur ex eo statu quo detinetur.
that it may-be-moved out-of that state in which it is-detained.
 Si febris quievit, convēnit meminisse
If the fever has-become-quiet, it is-fit to have-remembered
 diu ejus diei; que eo vitare frigus,
a long-time of that day; and on it to avoid cold,
 calorem, cruditatem, lassitudinem. Enim revertitur
heat, indigestion, weariness. For it returns
 facile, nisi timetur aliquamdiu
easily, unless it-is-feared (guarded against) for-some-time
 quoque a sano.
even by (a person having become) healthy.

xvii. At si quotidiana facta-est ex
But if a daily (fever) has-been-made out-of
 quartana; cum id incidērit vitio,
a quartan; when that may-have-happened by vice
 oportet abstinere per biduum,
(imprudence), it behoves to abstain through the-space-of-two-days,

et uti frictione; dare tantummodo aquam
and to use with friction; to give only water

potui vespere. Sæpe fit
for drink in the evening. Often it-is-done (it happens)

tertio die, febris accedat ne: sed sive
on the third day, the fever may accede not: but whether

fuit, sive fuit non, cibus est dandus
it-has-been, or has been not, food is to be-given

post tempus accessionis; et si manet,
after the time of the accession; and if it remains,

abstinentia quanta-maxima potest imperari
abstinence as-great-as-possible is-able to be-ordered

corpōri per bidūm, et est
for-the-body through the-space-of-two-days, and it is

utendum frictione quotidie.
to be-used (we should use) with friction daily.

XVIII. Et curatio febrium quidem
And the treatment of fevers indeed

exposita-est. Vero supersunt alii affectus
has-been-explained. But there-remain other affections

corpōris, qui superveniunt huic: ex
(maladies) of the body, which come-upon to this: out-of

quibus jungam protinus eos qui possunt
which I shall join immediately those which are-able

non assignari certis partibus. Incipiam ab
not to be assigned to certain parts. I will begin from

insania, que aggrediar partem hujus
(with) insanity, and I will proceed-to the part of this

ipsius primam, quæ est et acuta, et in febre:
itself first, which is both acute, and in fever:

Græci appellant φρενῆσιν (phrenēsīn). Oportet
the Greeks call (it) phrenzy. It behoves

scire illud ante omnia, ægros
to know that (this) before all (things), sick (persons)

interdum desipere et loqui aliena
sometimes to be-delirious and to speak foreign (extravagant

things) in accessione. Quod quidem est non
things) in the accession. Which indeed is not

leve; neque potest incidere, nisi
light (is a serious symptom); nor is-able to happen, unless
 in vehementi febre: tamen est non aequè
in a violent fever: yet it is not (always) equally
 pestiferum; nam plerumque consuevit esse
destructive; for generally it has-been-accustomed to be
 breve, quæ impetu accessionis
short, and the attack (violence) of the accession
 levato, protinus mens redit. Neque
being-relieved, immediately the mind (reason) returns. Neither
 id genus morbi desiderat aliud remedium, quam
that kind of disease requires other remedy, than
 quod præceptum est in febre curanda.
which has-been directed in a fever to be treated (in treating

Vero tum demum est Phrenesis, cum
a fever). But then at length there is Phrenzy, when
 dementia incipit esse continua; aut cum æger,
the madness begins to be continual; or when the sick
 quamvis adhuc sapiat, tamen
(person), although as-yet he may-be-in-his-senses, yet
 accipit quasdam vanas imagines:
receives (admits) some vain images (chimerical ideas):

est perfecta ubi mens est addicta illis
it-is perfect (phrenzy) when the mind is addicted to those
 imaginibus. Autem sunt plura genera ejus;
images (ideas). But there-are very-many kinds of it;

siquidem ex phreneticis alii sunt hilares,
since-that out-of phrenetics others (some) are merry,
 alii tristes; alii continentur facilius, et desipiunt
others sad; others are-restrained very-easily, and rave

intra verba, alii consurgunt, et faciunt
within (only in) words, others rise-up, and do

quædam violentè manu; atque ex his
some (things) violently with the hand; and out-of these

ipsis, alii peccant nihil
(last) themselves, others (some) offend nothing (not at all)
 nisi impetu, alii etiam adhibent artes
unless with attack (violence), others even apply arts

que præbent summam speciem sanitatis in
and afford (exhibit) the highest appearance of sanity in
 occasionibus captandis
opportunities to-be-caught-at (in seizing opportunities)

malorum opĕrum; sed deprehenduntur exitu.
of bad works; but they are-detected in the event (end).

Autem ex his est supervacuum onerare
But out-of these it-is superfluous to burthen

asperioribus coërcitionibus eos qui desipiunt intra
with very-rough coercions those who rave within

verba, aut etiam peccant leviter manu:
(only in) words, or even offend lightly with the hand:

vero convĕnit vincire eos qui gerunt se
but it is-fit to bind those who bear (conduct) themselves

violentius, ne nocĕant vel sibi vel
very-violently, lest they may-hurt either to themselves or

altĕri. Neque est credendum, si aliquis
to another. Nor is-it to-be-believed (trusted), if some (person)

vinctus, quamvis loquitur prudenter et miserabiliter,
being-bound, although he speaks prudently and pitifully,

dum cupit levari vinculis; quoniam
while he desires to be-lightened (freed from) the bonds; because

is est dolus insanientis. Vero
that is the deceit (of a person) being-insane. But

antiqui fere habebant tales ægros
the ancients for-the-most-part did have (kept) such sick

in tenĕbris; eo quod
(persons) in the darknesses; by this (on this account) because

esset contrarium illis exterreri, et
it might-be contrary (injurious) to them to be-frightened, and

judicabant tenĕbras ipsas conferre aliquid
they did judge the darknesses themselves to confer some

ad quietem animi. At Asclepiādes, tanquam
(thing) to quiet of mind. But Asclepiades, as-if

tenĕbris ipsis terrentibus, dixit eos habendos
the darknesses themselves frightening, said them to be-had

in lumine. Autem neutrum
(that they ought to be kept) in the light. But neither

recte, nisi in remissione ejus. Sed
rightly, unless in the remission of it. But (Asclepiades)
 ipse quæsit somnum in his
himself sought (to produce) sleep in these (cases)
 multa frictione; cum et intentio
by much friction; when (although) both the intenseness
 febris impediât somnum, et frictio sit non
of the fever may-hinder sleep, and friction may-be not
 utilis nisi in remissione ejus. Itaque debuit
useful unless in the remission of it. Therefore he ought
 quoque præterire hoc auxilium. Quid igitur est?
also to pass-over this aid. What therefore is

Multa sunt recte in præcipiti
 (to be done)? *Many (things) are-done rightly in præcipitate*
 pericûlo, alias omittenda.
 (imminent) *danger, elsewhere (at another time) to be-omitted.*

Et quoque continua febris habet tempora, quibus,
And also (even) a continual fever has times, in which,
 etsi remittit non, tamen crescit non; que hoc,
although it remits not, yet it increases not; and this,
 ut non optimum, sic tamen secundum tempus
although not the best, so yet (is) a favourable time
 remediis. Quod-si vires ægri
for remedies. But-if the strengths of the sick (person)
 patiuntur, sanguis debet quoque mitti. Potest
suffer, blood ought also to be-sent (let). It-is-able

minus deliberari, an
less to be deliberated (it requires less deliberation), whether
 alvus sit ducenda. Tum die
the belly may to be-drawn (clystered). Then a day
 interposito, convènit tondere
being-placed-between (having intervened), it is-fit to shave
 caput ad cutem; deinde fovere aqua
the head to the skin; afterwards to foment (it) with water
 in qua aliquæ verbenæ decoctæ-sint ex
in which some vervains may-have-been-boiled out-of (with)
 reprimentibus; aut prius
repressing (astringent ingredients); or before (previously)

fovere, deinde tondere, et iterum fovere; ac
to foment, afterwards to shave, and again to foment; and
 novissime implere caput que nares rosa;
most-newly (lastly) to fill the head and nostrils with rose
 etiam offerre rutam contritam ex aceto
(oil); also to offer rue bruised out-of (with) vinegar
 naribus; movere sternutamenta
to the nostrils; to move (promote) sneezings
 medicamentis efficacibus in id. Quæ
with medicines efficacious unto that (purpose). Which (things)
 tamen sunt facienda in iis, quibus
however are to be-done in those (persons), to whom
 vires desunt non. Vero si est imbecillitas,
strengths are-wanting not. But if there-is weakness,
 caput est tantum madefaciendum rosa,
the head is only to be-wetted with rose (oil),
 serpyllo, ve aliquo simili adjecto. Etiam
wild-thyme, or some like (thing) being-added. Also
 sunt duæ herbæ utiles in quibuscunque
there-are two herbs useful in any-soever
 viribus, solanum et
strengths (in any state of strength), nightshade and (the herb)
 muralis, si caput impletur
belonging-to-the-wall (wall-peclitory), if the head is-filled
 succo expresso ex utraque simul.
(covered) with the juice pressed-out out-of each together.
 Cum febris remisit se, est utendum
When the fever may have-remitted itself, it-is to be-used
 frictione; tamen parcius in
(we must use) with friction; yet more-sparingly in
 iis qui sunt nimis hilares, quam in iis qui sunt
those who are too merry, than in those who are
 nimis tristes. Autem est necessarium gerere
too sad. But it-is necessary to bear (conduct)
 se sic adversus animos omnium insanientium
one's-self so towards the minds of all (persons) being-insane
 pro natura cuiusque. Enim vani metus
according-to the nature of each. For the vain fears

quorundam sunt levandi ; sicut incidit in
of some are to be-relieved ; as happened in
 prædivite homine timente famem, cui
a very-rich man fearing hunger (starvation), to whom
 subinde falsæ hereditates nuntiabantur :
occasionally false (pretended) inheritances were-announced :
 audacia quorundam est coercenda ; sicut fit
the audacity of some is to-be-checked ; as is-done
 in iis, in quibus continendis
in those, in whom to be-restrained (in restraining whom)
 quoque plagæ adhibentur : etiam intempestivus risus
even stripes are-applied : also the unseasonable laughter
 quorundam est finiendus objurgatione et minis :
of some is to be-ended by reproof and by threats :
 tristes cogitationes quorundam discutiendæ, ad quod
the sad thoughts of some (are) to be-dissipated, to which
 symphonix, et cymbala, que strepitus proficiunt. Tamen
symphonies, and cymbals, and noises profit. Yet
 est assentiendum sæpius
it-is to be-assented (we should assent to their ideas) more-often
 quam est repugnandum ; que mens
than it-is to be-resisted (than oppose them) ; and the mind
 est adducenda paulatim, et non evidenter, ab
is to be-led by-little-and-little, and not evidently, from
 iis quæ dicantur stulte, ad meliora.
those (things) which may-be-said foolishly, to better (things).
 Interdum etiam intentio ipsius elicienda ; ut
Sometimes also the attention of him (is) to be elicited ; as
 fit in hominibus studiosis literarum, quibus liber
is-done in men studios of letters, to whom a book
 legitur, aut recte, si delectantur, aut perpëram,
is-read, either rightly, if they are-delighted, or wrong,
 si id ipsum offendit eos : enim incipiunt convertère
if that itself offends them : for they begin to turn
 animum emendando. Quin etiam sunt cogendi
their mind by correcting. But also they are to be-forced
 recitare, si meminerunt qua. Quoque
to recite, if they have-remembered any (things). Also

ii reduxerunt quosdam non desiderantes ad cibum,
those have-led-back some not desiring (it) to food,
 qui collocarunt eos inter epulantes. Vero
who have placed them among (persons) banqueting. But
 somnus est et difficilis, et præcipue necessarius
sleep is both difficult, and particularly necessary
 omnibus sic affectis; enim sub hoc plerique
to all thus affected; for under (after) this most
 sanescunt. Crocīnum-unguentum cum irīno
begin to-become-sane. Saffron-ointment with iris (oil)
 datum in caput prodest ad id,
given (applied) upon the head profits to that (procuring
 atque etiā ad mentem ipsam componendam.
sleep), and also to the mind itself to be-composed (for
 Si nihilominus vigīlant,
composing the mind). If nevertheless they watch (are wakeful),
 quidam moliantur somnum dando potūi aquam in
some effect sleep by giving for drink water in
 qua papaver aut hyoseyāmus decocta-sit: alii
which poppy or henbane may-have-been-boiled: others
 subjiciunt pulvino mala mandragōræ: alii inducunt
cast-under to the pillow apples of mandrake: others apply
 fronti vel amomum vel lacrimam
to the forehead either amomum or the tear (gum)
 sycamini. Reperio hoc nomen apud
of the sycamore. I find this name with (in the works of)
 medicos: sed cum Græci appellant
physicians: but when (although) the Greeks call
 morum συάμινον est nulla lacrima
the mulberry-tree sukaminon, there-is no tear (gum)
 mori. Vero sic lacrima arbōris
of the mulberry. But thus the tear (gum) of a tree
 nascentis in Ægypto, quam appellant ibi
growing in Ægypt, which they call there
 μωροσύκον, significatur. Plurimi, corticibus papaveris
morosukon, is-signified. Very-many, the barks of poppy
 decoctis, foveat subinde os et caput
being-boiled, foment occasionally the mouth and head

spongiā ex ea aqua. Asclepiādes
with a sponge out-of (with) that water. Asclepiades
 dixit ea esse supervaciua; quoniam sæpe
has said these (things) to be superfluous; since often
 convertērent in lethargum. Autem
they might turn (the disease) into lethargy. But
 præcepit ut, primo die, abstinereetur
he has ordered that, on the first day, he should-be-restrained
 a cibo, potione, somno; vespere aqua
from food, from drink, from sleep; in the evening water
 daretur ei potui; tum lenis frictio
should-be-given to him for drink; then gentle friction
 admoveretur, ut ne-quidem qui perfricaret
should-be-applied, so-that not-even (the person) who might-rub
 imprimēret manum vehementer: deinde,
should-impress the hand violently: afterwards
 postero die, omnibus iisdem factis,
on the following day, all the same (things) being-done,
 vespere sorbitio et aqua daretur ei, que
in the evening gruel and water should be-given to him, and
 rursus frictio adhiberetur: enim per hanc nos
again friction should be-applied: for through this us
 consecuturos ut somnus accedat.
(to be) about to-attain that sleep may approach (be procured).
 Id fit interdum, et quidem adeo ut,
That is done (happens) sometimes, and indeed so that,
 illo confitente, nimia
he confessing (according to his own admission), too-much
 frictio etiam afferat periculum lethargi. Sed si
friction even may bring danger of lethargy. But if
 somnus accessit non sic, tum demum est
sleep has approached not thus, then at-length it is
 arcessendus illis medicamentis;
to be-sent-for (procured) by those (former) medicines;
 scilicet eadem moderatione habita que
truly the same moderation being-held (observed) which
 est necessaria quoque hic, ne possimus non
is necessary also here, lest we may-be-able not

excitare postea quem volumus obdormire.
to rouse afterwards (the person) whom we wish to fall-asleep.
 Etiam silanus cadens juxta confert aliquid ad
Also a water-spout falling near conduces something to
 somnum, vel gestatio post cibum et noctu, que
sleep, or gestation after food and by night, and
 maxime motus suspensi lecti. Neque est
especially the motion of a suspended bed. Nor is it
 alienum, si neque sanguis missus-est ante, neque
unfit, if neither blood has-been-sent (let) before, nor
 mens constat, neque
the mind is-consistent (and when there is delirium), nor
 somnus accedit, admove re cucurbitulam
sleep approaches, to apply the cupping-instrument
 occipitio inciso; quæ, quia
to the hinder-part-of-the head being-incised; which, because
 levat morbum, potest etiam facere somnum.
it lightens the disease, is-able also to make sleep.
 Autem moderatio in cibo est quoque adhibenda; nam
But moderation in food is also to be-applied; for
 æger est neque implendus,
the sick (person) is neither to-be-filled (to be nourished too
 ne insaniat; neque utique
much), lest he may become-insane; nor truly (is he)
 vexandus jejunio, ne imbecillitate incidat
to be-harassed by fasting, lest by weakness he may-fall
 in cardiacum. Est opus infirmo cibo, que
into sickness-at-heart. There-is need with weak food, and
 maxime sorbitione, potione mulsæ aquæ, cujus
especially with gruel, with drink of honied water, of which
 est satis dedisse ternos cyathos bis hieme,
it is enough to have-given three glasses twice in winter,
 quater æstate.
four-times in summer.

Est alterum genus insanie quod recipit
There-is another kind of madness which receives (admits)
 longius spatium, quia fere incipit
a longer space (duration), because for-the-most-part it begins

sine febre, deinde excitat leves febriculas :
without fever, afterwards it excites light little-fevers :
 consistit in tristitia, quam atra bilis videtur
it consists in sadness; which black bile seems
 contrahere. In hac, detractio sanguinis est
to draw-together (produce). In this, withdrawal of blood is
 utilis : si quid prohibet hanc, abstinentia est
useful : if any (thing) prevents this, abstinence is
 prima, purgatio per album veratrum que vomitum
the first, purging through white hellebore and a vomit
 secunda. Post utrumlibet frictio est
the second. After the-one-or-the-other friction is
 adhibenda bis die : si valet magis,
to-be-applied twice in the day : if he is-strong more
 etiam frequens exercitatio : vomitus in
(very much), also frequent exercise : a vomit in
 jejuno. Cibum ex media materia est
fasting. Food out-of the middle material (class) is
 dandus sine vino : quam quoties posuero,
to be-given without wine : which as-often-as I shall-have-placed
 licet scire etiam ex
(spoken of), it-is-allowed to know (food) even out-of
 infirmissima posse dari, dum
the weakest to be-able to-be-given, while (provided that)
 quis utatur ne ea sola : tantummodo
any (person) may use not with it alone : only
 valentissima esse removenda. Præter hæc,
the strongest (things) to be to-be-removed. Besides these (things),
 alvus est servanda quam-tenerrima ; terrores
the belly is to be-kept as-tender (open)-as-possible ; fears
 removendi, et potius bona spes afferenda :
to be-removed, and rather good hope to be-brought :
 delectatio quaerenda ex fabulis que
delight (is) to be-sought out-of fables (tales or plays) and
 ludis, quibus sanus assueverat
sports, with which (being) healthy he had been-accustomed
 capi maxime : si sunt qua opæra
to be-taken (delighted) most : if there are any works

ipsius, laudanda, et
 of the patient) *himself*, (they are) *to be-praised*, and
 ponenda ante oculos ejus : vana
to be-placed *before* *the eyes* *of him* : *vain* (unfounded)
 tristitia leviter objurganda : subinde
sadness (is) *slightly* *to be-reproved* : *occasionally* (he is)
 admonendus in his rebus ipsis quæ
to be-admonished *in* *those* *things* *themselves* *which*
 sollicitant, cur sit non potius causa
render (him)-*anxious*, *why* *there-may-be* *not* *rather* *cause*
 lætitiæ quam sollicitudinis. Si febris quoque accessit,
of gladness *than* *of anxiety*. *If fever* *also* *has acceded*
 est curanda sicut aliæ febres.
 (accompanied), *it is to be-treated as* *other fevers*.

Tertium genus insanix est longissimum ex his,
The third kind of insanity is the longest out-of these,
 adeo ut impediatur non vitam ipsam; quod
so that it may hinder not life itself; which (kind)
 consuevit esse robusti corporis. Autem
has-been-accustomed to be of a robust body. But
 sunt duæ species hujus ipsius; nam quidam
there-are two species of this itself; for some
 falluntur imaginibus, non mente;
are-deceived by images (vain phantoms), *not in mind*;
 quales poetæ ferunt Ajacem vel Orestem
such-as the poets bear (report) *Ajax* *or Orestes*
 insanientem percepisse: quidam desipiunt animo. Si
being-insane to have-perceived: some rave in mind. If
 imagines fallunt, ante omnia est videndum
images (phantoms) *deceive, before all* (things) *it-is to be-seen*
 sint tristes an hilares. In tristitia
 (whether) *they-may-be sad* *or merry*. *In sadness*
 nigrum veratrum debet dari causa dejectionis,
black hellebore ought to be-given for-the-sake of a purge
 in hilaritate album ad vomitum excitandum;
in merriment white (hellebore) *to a vomit to be-excited*
 que id est adjiciendum pani, si
 (to excite vomiting): *and that is to be-added to bread, if*

accipit non in potione, quo
he receives (it) not in drink, by which (in order that)
 fallat facilius: nam si purgaverit
it may deceive more-easily: for if he may-have-purged
 se bene, levabit morbum ex magna parte.
himself well, it will relieve the disease out-of a great part.
 Ergo, etiam si veratrum datum semel profecerit
Therefore, even if hellebore given once may-have-profited
 parum, tempore interposito,
little, time ~ being placed-between (having intervened),
 debet dari iterum. Neque oportet
it ought to be-given again. Nor does-it-behave
 ignorare, morbum cum risu esse leviolem quam
to be-ignorant, the disease with laughter to be lighter than
 insanientium serio. Illud
(that of persons) being-insane seriously. That (this)
 quoque est perpetuum in omnibus morbis,
also is perpetual (a constant rule) in all diseases,
 ubi aliquis est purgandus ab inferiore parte,
when some (person) is to be-purged from the lower part,
 ventrem ejus esse solvendum ante; ubi
the belly of him to be to be-loosed (relaxed) before; when
 a superiore, comprimendum. Vero si consilium
from the upper (part), to be-repressed. But if counsel
 fallit insanientem
deceives (the person) being-insane (if his mind be alienated)
 curatur optime quibusdam tormentis. Ubi
he is-treated best with some torments (corrections). When
 dixit aut fecit aliquid perperam, est
he has said or has done some (thing) wrong, he is
 coercendus fame, vinculis, plagis. Est
to be-checked by hunger, by bonds, by stripes. He is
 cogendus et attendere, et ediscere aliquid,
to-be compelled both to attend, and to learn-off some
 et meminisse: enim sic fiet
(thing), and to have-remembered: for thus it-will-be-done
 ut paulatim cogatur
(it will happen) that by-little-and-little he may-be-compelled

metu considerare quid faciat. Etiam prodest in
by fear to consider what he may-do. Also it profits in
 hoc morbo terreri subito et expavescere;
this disease to be-frightened suddenly and to dread;
 et fere quicquid perturbatur animum
and for-the-most-part whatever disturbs the mind
 vehementer. Enim quaedam mutatio potest fieri
violently. For some change is-able to be-made
 quum mens abducta est ab eo statu in
when the mind has-been-withdrawn from that state in
 quo fuerat. Etiam interest is
which it had-been. Also it is-of-consequence (whether) he
 ipse rideat subinde sine causa, an sit
himself may laugh occasionally without cause, or may-be
 mœstus que demissus: nam demens hilaritas curatur
sad and dejected: for mad merriment is treated
 melius his terroribus de quibus dixi
better with those terrors concerning which I have said
 supra. Si est nimia tristitia, lenis, sed multa
above. If there-is too-much sadness, gentle, but much
 frictio, bis die, prodest: item frigida aqua
friction, twice in the-day, profits: also cold water
 infusa per caput, que corpus demissum in
poured through (over) the head, and the body lowered into
 aquam et oleum. Illa sunt communia,
water and oil. Those (these things) are common
 insanientes debere exerceri
 (general), (for persons) *being-insane to ought to be-exercised*
 vehementer; uti multa frictione; neque assumere
violently; to use with much friction; neither to take
 pinguem carnem neque vinum; post purgationem uti
fat flesh nor wine; after a purging to use
 cibis quam-levissimis ex media materia;
with foods as-light-as-possible out-of the middle material;
 non oportere esse vel solos, vel inter
not to behove (them) to be either alone, or among
 ignotos, vel inter eos quos aut
the unknown (strangers), or among those whom either

contemnant aut negligent; debere
they may-despise or may neglect (be indifferent to); *to ought*
mutare regiones, et si mens redit,
to change regions, and if the mind (understanding) *returns,*
esse jactandos annua perigrinatione. Raro,
to be to be-tossed by an annual voyage. Seldom,
sed tamen aliquando, delirium nascitur ex metu.
but yet sometimes, delirium arises out-of fear.
Quod genus insanientium, simile specie,
Which kind (of persons) being-insane, like in species,
est curandum simili genere victus: præterquam
is to be-treated with a like kind of living: except
quod in hoc genere insanitæ solo, vinum recte
that in this kind of insanity alone, wine rightly
datur.
is given.

XIX. Id genus quod nominatur a Græcis
That kind which is named by the Greeks
καρδιακόν, est præcipue contrarium his.
kardiakon, is particularly contrary to these (latter)
morbis; quamvis phrenetici sæpe transēunt ad eum:
diseases; although phrenetics often go-over to it:
siquidem mens labat in illis, in hoc
since the mind totters (is alienated) in those, in this
constat. Autem id est nihil aliud
it is-consistent. But that is nothing other (else)
quam nimia imbecillitas corporis, quod, stomacho
than too-much weakness of the body, which, the stomach
languente, digeritur immodico sudore:
being-languid, is digested (exhausted) by immoderate sweat:
que licet protinus scire id esse,
and it-is-allowed immediately to know that to be (the case),
ubi pulsus venarum sunt exigui que imbecilli;
when the beatings of the veins are small and weak;
autem sudor prorumpit supra consuetudinem et
but the sweat bursts-forth above custom both
modo et tempore, ex toto
in measure (quantity) and in time (duration), out-of the whole

thorace et cervicibus, atque etiam capite,
chest and necks, and even head,
 tantummodo pedibus et cruribus siccioribus atque
only the feet and legs (being) very-dry and
 frigentibus; que est genus acuti morbi. Prima
being-cold; and it is a kind of acute disease. The first
 curatio est, imponere cataplasmata, quæ reprimant
treatment is, to put-on cataplasms, which may repress
 supra præcordia: secunda, prohibere sudorem.
upon the præcordia: the second, to prevent sweat.
 Acerbum oleum, vel rosa, vel melinum, aut
Bitter oil, either rose (oil), or quince (oil), or
 myrtæum præstat id: aliquo quorum
myrtle (oil) affords (effects) that: with some (one) of which
 corpus perungendum leniter; que ceratum ex
the body (is) to be-anointed gently; and a cerate out-of
 aliquo horum est tum imponendum. Si sudor
some (one) of these is then to be-put-on. If the sweat
 vincit, homo est delinendus
conquers (still continues), the man is to-be-besmeared
 vel gypso, vel spuma argenti, vel
either with gypsum, or with foam of silver (litharge), or
 Cymolia creta; vel etiam respergendus subinde
with Cymolian chalk, or even to be-sprinkled occasionally
 pulvere horum. Pulvis ex contritis
with the powder of these. Powder out-of the rubbed-together
 foliis aridi myrti vel rubi præstat
leaves of dry myrtle or bramble affords (effects)
 idem, aut ex arida facie austeri et boni
the same, or out-of the dry dreg of rough and of good
 vini: que sunt plura similia, quæ si
wine: and there-are very-many like (things), which if
 desunt, quilibet pulvis ex via
they are-wanting, any powder out-of the way (road)
 injectus est satis utilis. Vero super
being-cast-on is sufficiently useful. But above (in
 hæc, quò corpus insudet
addition to) these (things), in-order-that the body may sweat

minus, debet esse contactus levi veste,
less, it ought to be covered with a light clothing,
 non calido loco, patentibus fenestris, sic ut
not in a hot place, with open windows, so that
 quoque aliquis perflatus accedat. Tertium auxilium
also some breeze may approach. The third aid
 est succurrere imbecillitati jacentis
is to succour to the weakness of the lying-down (patient)
 cibo que vino. Non multus cibus quidem
by food and by wine. Not much food indeed
 est dandus, sed tamen sæpe nocte ac die;
is to be-given, but yet often by night and by day;
 ut nutriat, neque oneret. Is debet
that it may-nourish, nor (and not) may burden. That ought
 esse ex infirmissima materia, et aptus stomacho.
to be out-of the weakest material, and fit for the stomach.
 Oportet non festinare ad vinum, nisi si est
It behoves not to hasten to wine, unless if it is
 necesse. Si est verendum ne deficiat,
necessary. If it is to be-feared lest he may fail (faint),
 tum et intrita ex hoc, et hoc ipsum
then both intrita out-of this (wine), and this itself
 austerum quidem, sed tamen tenue, meraculum,
rough indeed, but yet thin (light), little diluted,
 egelidum, est dandum subinde et liberaliter;
lukewarm, is to be given occasionally and liberally;
 polenta adjecta, si modo is æger assumit
polenta being-added, if only that sick (person) takes
 parum cibi: que id vinum debet esse neque
little of food: and that wine ought to be neither
 nullarum, neque ingentium virium; que æger
of no, nor of great strengths; and the sick
 bibet recte vel tres heminas
(person) will drink rightly either (even) three heminae
 tota die ac nocte; vel etiam plus, si
in the whole day and night; or even more, if (his)
 corpus est vastius: si accipit non cibum, convenit
body is very-large: if he receives not food, it is-fit

perfundere perunctum frigida aqua ante,
to pour-over (him) being-anointed with cold water before,
 et tum dare. Quod-si stomachus resolutus
and then to give (food). But-if the stomach being-relaxed
 continet parum, oportet vomere sponte et
contains little, it behoves to vomit spontaneously both
 ante cibum et post eum; que rursus sumere cibum
before food and after it; and again to take food
 post vomitum. Si ne-quidem id manserit,
after the vomit. If not-even that may-have-remained,
 sorbere cyathum vini, que hora interposita,
to sup a glass of wine, and an hour being-placed-between
 sumere alterum. Si stomachus
(having intervened), to take another. If the stomach
 reddiderit id quoque, totum corpus
may-have-rendered (voided) that also, the whole body
 est superillinendum bulbis contritis; qui, ubi
is to be-besmeared-over with bulbs bruised; which, when
 inaruerunt, efficiunt ut vinum contineatur
they have become-dry, effect that the wine may be contained
 in stomacho, que ex eo calor redeat
in the stomach, and out-of it the heat may return
 toti corpori, que vis venis. Ultimum
to the whole body, and force to the veins. The last
 auxilium est, indere in alvum ex
aid is, to introduce into the belly out-of (from)
 inferioribus partibus cremorem ptisanæ vel
the lower parts the cream of barley-groat or
 alicæ, siquidem id quoque tuetur vires.
of alica, since-that that also defends the strengths.
 Neque est alienum quoque admovere naribus
Nor is-it unfit also to apply to the nostrils
 æstuantis quod reficiat, id est
of (a person) being-hot (that) which may refresh, that is
 rosam et vinum: et, si qua in extremis
rose and wine: and, if any in the extreme
 partibus frigent, fovere unctis et calidis
parts are-cold, to cherish with anointed and with hot

manibus : per quæ si potuerimus
hands: through which (things) if we shall-have-been able
 consēqui, ut et impētus sudoris
to attain, that both the violence of the sweat
 minuatur, et vita prorogetur, jam
may-be-diminished, and life may-be-prolonged, already
 tempus ipsum incipit esse præsidiō. Ubi is
time itself begins to be (as) a safeguard. When he
 videtur esse in tuto, tamen est verendum
seems to be in safe (safety), yet it-is to be-feared
 ne recīdat cito in eandem imbecillitatem :
lest he may fall-back quickly into the same weakness :
 itaque, vino tantum remoto, debet assumēre
therefore, wine only being-removed, he ought to take
 quotidie validiorem cibum, donec satis viriū
daily stronger food, until sufficient of strengths
 redēat corpōri.
may return to the body.

xx. Est quoque alter morbus aliter contrariū
There-is also another disease otherwise contrary
 phrenetico. In illo somnus est difficilior,
to the phrenetic. In that (phrensy) sleep is very-difficult,
 mens prompta ad omnem audaciā; in hoc
the mind ready to every audacity; in this (latter
 marcō et pæne inexpugnabilis necessitas
there is) drowsiness and almost an irresistible necessity
 dormiendi; Græci nominant λήθαργον (lēthargon).
of sleeping; the Greeks name (it) lethargy.
 Atque id genus quoque est acutum, et, nisi
And that kind also is acute, and, unless
 succurritur, celeriter jugulat. Quidam nituntur
it is-succoured, quickly destroys. Some strive
 subinde excitare hos ægros, iis
occasionally to rouse these sick (persons), those (things)
 admotis per quæ sternutamenta evocantur,
being-applied through which sneezings are-called-forth,
 et iis quæ movent fædo odore, qualis
and those which move (rouse) by foul odour, such-as

est cruda pix succida-lana, piper, veratrum,
 is crude pitch greasy-wool, pepper, hellebore,
 castoreum, acetum, allium, cepa. Etiam incendunt
 castor, vinegar, garlick, onion. Also they burn
 juxta galbanum, pilos, aut cornu
 near (the patient) galbanum, hairs, or horn
 cervinum: si est non,
 belonging-to-the-stag: if it is not (if there are none of these),
 quodlibet aliud: enim quum hæc
 any other (thing): for when these (things)
 comburuntur, movent foedum odorem. Vero
 are burnt, they move (cause) a foul odour. But
 quidam Tharrias dixit id esse malum
 a certain Tharrias has said that (lethargy) to be the evil
 accessionis, que levare quum ea
 (effect) of an accession, and to be-alleviated when it
 decessit: itaque eos qui excitantur subinde,
 has departed: therefore those who are-roused occasionally,
 habere male sine usu. Autem
 to have ill (to be afflicted) without use. But
 interest æger expergiscatur
 it-is-of-importance (whether) the sick (person) may-awake
 in decessione an somnus urgëat
 in the departure (end of the accession), or sleep may-oppress
 quum febris levetur non, aut quoque ea
 when the fever may-be-alleviated not, or even it
 levata. Nam si expergiscitur, est supervacuum
 being-alleviated. For if he awakes, it is superfluous
 adhibere ei ut sopito;
 to apply (administer) to him as (to a person) being-in-sound-sleep;
 enim neque fit melior vigilando; sed si est
 for neither he is-made better by watching; but if he is
 melior, vigilat per se. Vero si est continens
 better, he watches by himself. But if there is continual
 somnus ei, utique est excitandus; sed iis
 sleep to him, truly he is to be-roused; but in those
 temporibus quibus febris est levissima, ut et
 times in which the fever is lightest, that both

excernat et sumat aliquid. Autem frigida
he may excrete and may take some (thing). But cold
 aqua infusa repente excitat validissime.
water poured-on suddenly rouses most-powerfully.
 Itaque post remissionem, corpus perunctum
Therefore after the remission, the body being-anointed
 multo olĕo, est perfundendum per
with much oil, is to be-poured-over through (over)
 totum caput tribus aut quatuor amphorīs. Sed
the whole head with three or four amphoræ. But
 utemur hoc, si spiritus erit æqualis
we shall use with this, if the breathing shall be equal
 ægro, si præcordia mollia: sin
to the sick (person), if the præcordia (be) soft: but if
 hæc erunt aliter, ea potiora quæ
these shall-be otherwise, those (things are) preferable which
 sunt comprehensa supra. Et quod pertinet ad somnum
are comprehended above. And what pertains to sleep
 quidem, hæc ratio est commodissima. Autem
indeed, this reason (rule) is most-convenient. But
 causa medendi, caput radendum; deinde
for-the-sake of curing, the head (is) to be-shaved; afterwards
 est fovendum posca, in qua laurus aut ruta
it-is to be-fomented with posca, in which laurel or rue
 decocta-sit: altĕro die castorĕum
may-have-been-boiled: on the other (next) day castor (is)
 imponendum, aut ruta contrita ex aceto, aut
to be-put-on, or rue bruised out-of (with) vinegar, or
 baccae lauri, aut hedĕra cum rosa et aceto.
berries of laurel, or ivy with rose (oil) and vinegar.
 Que sinapi præcipue proficit, et admotum
And mustard particularly profits, both being-applied
 naribus ad excitandum hominem, et impositum
to the nostrils to rousing the man, and being-put-on
 capiti ve fronti, ad depellendum morbum
to the head or to the forehead, to driving-away the disease
 ipsum. Etiam gestatio prodest in hoc morbo; que
itself. Also gestation profits in this disease; and

maxīme cibus datus opportune, id est
mostly (especially) food being-given seasonably, that is
 in remissione quanta-maxīma potērit inveniri.
in a remission as-great-as shall-be-able to be-found.

Autem sorbitio est aptissīma, donec morbus incipiat
But gruel is most-fit, until the disease may-begin
 decrescere; sic, ut si est gravis accessio quotidie,
to decrease; so, that if there-is a heavy accession daily,

hæc detur quotidie; si alternis, sorbitio
this may-be-given daily; if on alternate (days), gruel

 post graviorem, mulsa aqua post
 (may be given) *after the heavier, honied water after*
 leviozem. Quoque vinum datum cum
the lighter (accession). Also wine given with

tempestivo cibo adiuvat non mediocriter. Quod-si torpor
seasonable food assists not moderately. But-if torpor

eiusmodi accessit post longas febres, cetēra
of this-sort has-acceded after long fevers, the other

eādem sunt servanda: autem tribus
same (things) are to be-kept (observed): but by three

ve quatuor horis ante accessionem, castoreū est
or four hours before the accession, castor is

dandum mistum cum scammonia, si venter est
to be-given mixed with scammony, if the belly is

adstrictus; si est non, cum aqua per se-ipsum. Si
bound; if it-is not, with water by it-self. If

præcordia sunt mollia, est utendum plenioribus
the præcordia are soft, it is to be-used with fuller

cibis; si dura, subsistendum in iisdem
foods; if hard, (it is) to be-stopped (limited to) in the same

sorbitioibus; que imponendum præcordiis,
gruels; and (there is) to-be-put-on to the præcordia,

quod simul et reprimat et emolliat.
what at-the-same-time both may-repress and may soften.

xxi. Sed hic quidem est acutus morbus.
But this (latter) indeed is an acute disease.

Vero eorum, quos aqua inter cutem
But (the disease) of those, whom water between the skin

habet male, potest fieri longus ;
has ill (afflicts), is-able to be-made (become) long ;
 nisi discussus-est primis diebus ; Græci
unless it has-been-dispersed in the first days ; the Greeks
 vocant ὑδρωπα (hudrōpa). Atque sunt tres species
call (it) dropsy. And there-are three species
 ejus. Nam modo, ventre intento vehementer,
of it. For sometimes, the belly being-stretched violently,
 est creber sonus intus ex motu
there-is a frequent sound within out-of (from) the motion
 spiritus ; modo corpus est inæquale, tumoribus
of the air ; sometimes the body is inequal, tumours
 orientibus aliter atque aliter per
arising otherwise and otherwise (variously) through
 totum id : modo aqua
(over) the whole that (the body) : sometimes water
 contrahitur intus in uterum, et corpore
is contracted (collects) within into the belly, and the body
 moto, movetur ita, ut impetus
being-moved, it-is-moved so, that the violence (fluctuation)
 ejus possit conspici. Græci nominarunt
of it may-be-able to be-viewed. The Greeks have-named
 primum, τυμπανίτην (tumpanitēn) ; secundum, λευκοφλεγματία
the first, tumpanites ; the second,
 (leukophlegmatia), vel ὑπὸ σάρκα tertium,
leukophlegmatia, or (hupo sarka) ; the third,
 ἀσκιτήν (askitēn). Tamen nimia abundantia humoris
askites. Yet too-much abundance of moisture
 est communis omnium, ob quam ne-quidem
is common of all, on-account-of which not-even
 ulcēra sanescunt facile in his ægris. Vero
ulcers become-healthy easily in these sick (persons). But
 sæpe hoc malum incipit per se : sæpe supervēnit
often this evil begins by itself : often it comes-upon
 alteri vetusto morbo, que maxime
(succeeds) to another old disease, and especially
 quartanæ. Tollitur facilius in servis, quam
to a quartan. It-is-taken-away more-easily in slaves, than

in libēris ; quia, cum desidēret
in free (persons) ; because, when (since) it may require
 famem, sitim, mille aliā tædiā, que longam
hunger, thirst, a thousand other irksomenesses, and long
 patientiā, succurritur promptius iis qui facile
patience, it is-succoured more-readily to those who easily
 coguntur, quam quibus est inutilis
are-compelled, than to whom there-is useless (injurious)
 libertas. Sed ne-quidem ii qui sunt sub aliō,
liberty. But not-even those who are under another,
 si possunt non temperare sibi ex-toto,
if they-are-able not to moderate to themselves entirely,
 perducuntur ad sanitatem. Que idēo non
are-led to health. And on-that-account not
 ignobilis medicus, discipulus Chrysippi, apud
an ignoble physician, a disciple of Chrysippus at (residing
 regem Antigōnum, negavit quemdam amicum ejus,
with) king Antigonus, denied a certain friend of him,
 notæ intemperantiæ, mediocriter implicītum eo
of known intemperance, moderately entangled in that
 morbo, posse sanari. Que cum alter
disease, to-be-able to be-cured. And when another
 medicus, Philippus, Epirotes, polliceretur
physician, Philip, belonging to Epirus, might-promise
 se sanaturum, respondit illum,
himself about-to-cure (him), (the other) answered him.
 respicere ad morbum ægri ;
to regard (that he looked to) to the disease of the sick (person) ;
 se ad animum. Neque res fefellit eum.
himself to the mind. Neither the thing deceived him.
 Enim cum ille custodiretur summa
For when (although) he might-be-guarded with-the-highest
 diligentia non tantummodo medici, sed etiam
diligence not only of the physician, but also
 regis, tamen devorando sua malagmata, que
of the king, yet by devouring his own poultices, and
 bibendo suam urinam, præcipitavit sese in
by drinking his urine, he precipitated himself into

exitium. Tamen inter initia curatio
destruction. Yet among (during) the beginnings the cure
 est non difficillima, si quies, sitis, inedia, sunt
is not very-difficult, if rest, thirst, fasting, are
 imperata corpōri; at si malum inveteravit,
ordered for the body; but if the evil has-grown-old,
 discutitur non nisi magna mole. Tamen
it is dispersed not unless with great mass (difficulty). Yet
 ferunt Metrodorum, discipulum Epicuri, cum
they report Metrodorus, a disciple of Epicurus, when
 tentaretur hoc morbo, neque
he might-be-tried (afflicted) with this disease, nor
 sustineret necessariam sitim æquo animo,
might-support the necessary thirst with equal (patient) mind,
 ubi abstinuerat diu, solitum (esse) bibere,
when he had-abstained a-long-time, to have-been-wont to drink,
 deinde evomere. Quod-si quidquid receptum-est,
afterwards to vomit. But-if whatever has been-received,
 redditur, demit multum
is rendered (discharged), it takes-away much
 tædio: si retentum-est a stomacho,
from the irksomeness: if it has-been-retained by the stomach,
 augeat morbum; que idēo est non
it increases the disease; and on-that-account is not
 tentandum in quolibet. Sed si est quoque febris,
to be-tried in every (case). But if there-is also fever,
 hæc submovenda imprimis per eas rationes
this (is) to be-removed in-the-first-place through those reasons
 per quas propositum-est
(means) through which it has-been-placed-before (stated
 before) posse succurri huic;
to be-able to be-succoured to this (that it can be
 relieved); si æger est sine febre, tum
if the sick (person) is without fever, then
 demum est veniendum ad ea quæ
at-length it-is to be-come to those (things) which
 olent mederi morbo ipsi. Atque hic
are-accustomed to cure to the disease itself. And here

quoque quæcumque est species, si occupavit
also whatever is the species, if it has-occupied
 nondum nimis, est opus iisdem auxiliis;
not-yet too-much, there-is need with the same aids;
 est ambulandum multum, currendum aliquid; superiores
it-is to be-walked much, to be-run somewhat; the upper
 partes maxime sic perfricandæ, ut ipse
parts especially so to-be-rubbed, that (the patient) himself
 continēat spiritum; sudor est evocandus, non
may-contain (his) breath; sweat is to be-called-forth not
 tantum per exercitationem, sed etiam in calida arena,
only through exercise, but also in hot sand,
 vel laconico, vel clibanō, que aliis similibus;
or in the dry-bath, or stove house, and by other like (things);
 que naturales et siccæ sudationes, quales
and natural and dry sweatings (sweating-places), like-as
 habemus in myrtetis super Baias, sunt maxime
we have in the myrtle-groves above Baiæ, are particularly
 utiles. Balnēum, atque omnis humor est alienus.
useful. The bath, and all moisture is unfit.
 Catapotia dantur recte jejuno, facta
Catapotia are-given rightly (to the patient) fasting, made
 ex duabus absinthii, tertia parte myrrhæ.
out-of two (parts) of wormwood, a third part of myrrh.
 Cibus quidem debet esse ex media materia, sed
The food indeed ought to be out-of the middle material, but
 tamen durioris generis; potio est danda non ultra
yet of the harder kind; drink is to be-given not farther
 quam ut sustinēat vitam; que est
than that it may support life; and (that drink) is
 optima quæ movet urinam. Sed tamen est melius
the best which moves (promotes) urine. But yet it is better
 moliri id ipsum cibo quam medicamento. Tamen
to effect that (thing) itself by food than by medicine. Yet
 si res coget, aliquid ex iis quæ
if the thing shall-force, some (thing) out-of those which
 præstant id erit decoquendum, que ea danda
produce that will be to be boiled, and it to be-given

potui. Autem iris, nardum, crocum, cinnamom,
for drink. But iris, nard, saffron, cinnamon,
 amomum casia, myrrha, balsamum, galbanum, ladanum,
amomum, casia, myrrh, balsam, galbanum, ladanum,
 cœnanthe, panāces, cardamomum, hebēnus, semen
wild-vine-grape, panaces, cardamom, ebony, the seed
 cupressi, taminia uva, Græci nominant ἀγρία
of the cypress, taminian grape, the Greeks name (it)
 (agrian) σταφίδα (staphida), abrotōnum, foliæ rosæ,
the wild raisin, southernwood, the leaves of rose,
 acōrum, amaræ nuces, tragorigānum, styrax,
garden-flag, bitter nuts (almonds), wild-mint, styrax,
 costum, semen quadrati et rotundi junci, Græci
costum, the seed of the square and round bullrush, the Greeks
 vocant illum κύπερον (kupeiron), hunc
call that (former) kupeiron, this (latter)
 σχοῖνον (schoinou), videntur habere hanc
schoinos, seem to have this (diuretic)
 facultatem: quæ quoties posuero
power: which as-often-as I shall-have-placed (mentioned)
 significabo non quæ nascuntur hic, sed
I shall signify not (those) which arise (grow) here, but
 quæ afferuntur inter aromāta. Tamen
(those) which are-brought among aromatics. Yet
 primo, quæ sunt levissima ex his,
at-first, (those) which are the lightest out-of these,
 id est, folia rosæ, vel spica nardi,
that is, the leaf of the rose, or the spike of nard
 sunt tentanda. Quoque austerum vinum
(spikenard), are to be-tried. Also rough wine
 est utile, sed quam-tenuissimum. Est quoque
is useful, but as-thin-as-possible. It-is also
 commodum metiri ventrem quotidie lino,
advantageous to measure the belly daily with a string,
 et imponere notam, qua comprehendit alvum;
and to put-in (it) a mark, where it contains the belly;
 que postero die videre corpus
and on the following day to see (whether) the body

sit plenius, an extenuetur: enim id
may-be fuller, or may-be-rendered-thin: for that
 quod extenuatur sentit medicinam. Neque est
which is-rendered-thin feels the medicine. Nor is-it

alienum metiri et potionem et urinam ejus:
unfit to measure both the drink and the urine of him:

nam si plus humoris excernitur quam assumitur,
for if more of moisture is-excreted than is-taken,

ita demum est spes secundæ valetudinis.
thus at-length there-is hope of favorable health.

Asclepiades prodidit memoriæ se usum (esse)
Asclepiades has-handed-down to memory himself to have-used

abstinentiā bidui, et frictione in eo
with abstinence of two-days, and with friction in that(patient)

qui decidērat ex quartana in hydropa; tertio
who had fallen out-of a quartan into dropsy; on the third

die, et febre et aqua jam liberato,
day, both the fever and the water already being-freed (got

dedisse cibum et vinum.
rid of), to have-given food and wine.

Hactenus potest præcipi communiter
Thus-far is-able to be-advised commonly (generally)

de omni specie: si malum
concerning every species: if the evil (malady)

est vehementius, ratio curandi est
is very-violent, the reason (rule) of treating is

diducenda. Ergo si est [inflatio, et
to be-distinguished. Therefore if there-is inflation, and

creber dolor ex ea, quotidianus vomitus
frequent pain out-of (from) it, a daily vomit

est utilis, aut quoque altēro die, post cibum:
is useful, or on each other (alternate) day, after food:

est utendum siccis que calidis fomentis.
it-is to be-used with dry and with hot fomentations.

Si dolor finitur non per hæc,
If the pain is finished not through these (things),

cucurbitulæ sine ferro
the cupping-instruments without the iron (without incision)

sunt necessariæ: si tormentum tollitur ne-quidem
are necessary: if the torment is taken-away not-even
 per has, cutis est incidenda, et tum
through these, the skin is to be-incised, and then (it is)
 utendum his. Ultimum auxilium est, si
to be-used with these. The last aid is, if
 encurbitulæ profuerunt nihil, perfundere
the cupping-instruments have profited nothing, to pour
 copiosam calidam aquam per alvum, que
copious hot water through the belly, and
 recipere eam. Quin etiam est opus uti
to take-back it. But also it-is necessary to use
 vehementi frictione ter ve quater quotidie, cum
with violent friction thrice or four-times daily, with
 olæo et quibusdam calefacientibus: sed in hac
oil and some calefacient (ingredients): but in this
 frictione est abstinendum a ventre. Vero sinapi
friction it-is to be-withheld from the belly. But mustard
 imponendum in eum crebrius, donec
(is) to be-put-on upon it very-frequently, until
 erodat cutem; que venter est exulcerandus
it may-gnaw the skin; and the belly is to be-ulcerated
 pluribus locis candentibus ferramentis, et
in very-many places with hot iron-instruments, and
 ulcëra servanda diutius. Etiam cocta scilla
the ulcers to be-kept a very-long-time. Also boiled squill
 delingitur utiliter. Sed est abstinendum
is-licked usefully (with advantage). But it-is to be-abstained
 ab omnibus inflantibus diu post has
from all inflating (things) a-long-time after these
 inflationes.
inflationes.

At si est id vitium, cui nomen est
But if it-is that vice (malady), to which the name is
 λευκοφλεγματία, oportet subicere eas partes, quæ
leukophlegmatia, it behoves to subject those parts, which
 tument, soli; sed non nimium, ne incendat
are-swollen, to the sun; but not too-much, lest it may-kindle

febriculam : si is est vehementior, caput est
slight-fever : if that (the sun) is very-violent, the head is
 velandum : que utendum frictione, manibus
to be-covered : and (it is) to be-used with friction, the hands
 tantum madefactis aqua, cui sal et nitrum
only being-made-wet with water, to which salt and nitre
 et paulum olēi adjectum-sit ; sic, ut aut
and a little of oil may-have-been-added ; so, that either
 manus pueriles aut muliebres
the hands belonging-to-children or belonging-to-women
 adhibeantur, quo tactus earum
may-be-applied, by which (inasmuch as) the touch of those
 sit mollior : que si vires patiuntur id,
may-be softer : and if the strengths suffer that,
 oportet fieri tota hora, ante meridiem ;
it behoves to be-done a whole hour, before mid-day ;
 semihora post meridiem. Etiam cataplasmata quæ
half-an-hour after mid-day. Also cataplasms which
 reprimunt sunt utilia ; que maxime si corpora
repress are useful ; and especially if the bodies
 sunt teneriora. Quoque est
are very-tender (in delicate constitutions). Also it-is
 incidendum super talum, fere quatuor digitis ex
to-be-incised above the ankle, almost four fingers out-of
 interiore parte, qua frequens
(from) the inner part, by which frequent (abundant)
 humor feratur per aliquot
moisture may-be-borne (discharged) through (during) some
 dies ; atque oportet incidere tumores ipsos
days ; and it behoves to cut the tumours themselves
 altis plagis : que corpus est concutiendum
with deep wounds (incisions) : and the body is to be-shaken
 multa gestatione : atque, ubi cicatrices
by much gestation : and, when scars
 inductæ-sunt vulneribus, adjiciendum et
have-been-drawn-over to the wounds, (it is) to-be-added both
 exercitationibus et cibis, donec corpus revertatur
to the exercises and to the foods, until the body may-return

ad pristinum habitum. Cibus debet esse valens,
 to (its) former habit. The food ought to be strong,
 et glutinosus, quæ maxime caro: vinum
 and glutinous, and chiefly flesh: the wine (should be)
 dulcius, si licet per stomachum; sed ita, ut
 very-sweet, if it-is-allowed by the stomach; but so, that
 invicem biduo ve triduo, modo aqua,
 alternately for two-days or for-three-days, now water,
 modo id bibatur. Etiam semen marinæ
 now that (wine) may-be-drunk. Also the seed of marine
 lactucae, quæ nascitur grandis juxta mare, prodest,
 lettuce, which grows large near the sea, profits,
 datum cum aqua potui. Si est valens qui
 being-given with water for drink. If he is strong who
 accipit id, et cocta scilla delingitur, ut
 receives that, and (also) boiled squill is-licked, as
 dixi supra. Que sunt multi auctores
 I have-said above. And there-are many authors (who
 tumores esse pulsandos inflatis vesicis.
 direct) the tumours to be to-be-beaten with inflated bladders.

Vero si est id genus morbi quo aqua
 But if it-is that kind of disease in which water
 contrahitur in uterum, oportet ambulare, sed
 is-contracted into the abdomen, it behoves to walk, but
 magis modice; habere malagma, quod digerat,
 more moderately; to have a poultice, which may disperse,
 impositum; quæ adstringere id ipsum triplici
 put-on; and to bind that itself with a triple
 panno superimposito, fasciâ, tamen non
 cloth placed-over, with a bandage, yet not
 nimium-vehementer; quod profectum
 too-violently; which having-proceeded (been invented)
 a Tharria, video esse servatum a pluribus.
 from Tharrias, I see to be kept (observed) by very-many.
 Si est manifestum jecur aut lienem esse affectum,
 If it-is manifest the liver or the spleen to be affected,
 superponere contusam pinguem ficum, melle
 to place-over (it) a bruised fat fig, honey

adjecto. Si venter siccatur non per talia
being-added. If the belly is dried not through such
 auxilia, sed humor nihilominus abundat,
aids, but the moisture nevertheless abounds,
 succurrere celeriori via, ut is
(it behoves) to succour by a quicker way, that it
 emittatur per ventrem ipsum. Neque ignoro
may-be-emitted through the belly itself. Nor am-I-ignorant
 hanc viam curandi displicuisse Erasistrato; enim
this way of treating to have-displeased to Erasistratus; for
 putavit hunc morbum jecinoris: ita illud
he thought this a disease of the liver: thus that (the liver)
 esse curandum; que aquam emitti frustra,
to be to be-cured; and the water to be-emitted in-vain,
 quæ illo vitiato, nascatur
which, it being-vitiated (diseased), may arise (return)
 subinde. Sed primum, hoc est non vitium
occasionally. But first, this is not a vice (disease)
 hujus viscëris unius; nam fit et
of this viscus alone; for it-is-made (it happens) both
 liene affecto, et in malo habitu totius
the spleen being-affected, and in a bad habit of the whole
 corpōris. Deinde, ut cœpërit
body. Afterwards (secondly), although it may-have-begun
 inde, tamen nisi aqua emittatur, quæ
thence, yet unless the water may be-emitted, which
 subsistit ibi contra naturam, nocet et jecinōri,
exists there contrary-to nature, it hurts both to the liver,
 et ceteris interioribus partibus. Que convēnit
and to the other interior parts. And it-is-fit
 nihilominus corpus esse curandum. Enim neque
nevertheless (for) the body to be to-be-treated. For neither
 humor emissus sanat, sed facit locum
the moisture being-emitted cures, but it makes place
 medicinæ, quam impedit, inclusus intus. Ac
for medicine, which it hinders, being-inelosed within. And

illud ne-quidem venit in controversiam, quin
that (this) not-even has-come into controversy, but-that
 non omnes possint curari sic in hoc morbo;
not all may-be-able to be-treated thus in this disease;
 sed robusti juvènes qui vel carent febre
but robust young (persons) who either are-free from fever
 ex-toto, vel certe habent satis liberales
entirely, or certainly have sufficiently liberal (ample)
 intermissiones. Nam stomăchus quorum est
intermissions. For (those) the stomach of whom is
 corruptus, ve qui deciderunt huc
corrupt, or who have-fallen hither (into dropsy)
 ex atra bile, ve qui habent malum habitum
out-of black bile, or who have a bad habit
 corpōris, sunt non idonei huic curationi.
of body, are not proper (subjects) for this treatment.
 Autem cibus est supervaciūus die quo
But food is superfluous on the day in which
 humor primum emissus-est, nisi si vires
the humour first has-been-emitted, unless if strengths
 desunt: insequentibus diebus, et is
are-wanting: in the following days, both it (food)
 et meraciūus vinum quidem, sed non ita
and very-pure wine indeed, but not so
 multum debet dari, que paulatim
much ought to be-given, and by-little-and-little
 æger est evocandus ad exercitationes,
the sick (person) is to be-called-forth to exercises,
 frictions, solem, sudationes, fatigationes, et idoneos
frictions, sun, sweatings, fatigues, and proper
 cibos, donec convalescat ex-toto.
foods, until he may-become-healthy entirely.
 Res amat rarum balnēum:
The thing loves a rare bath (seldom requires a bath):
 frequentiore vomitum in jejuno. Si est
(it requires) a more frequent vomit in fasting. If it-is

æstas, est commōdum natāre in mari. Ubi
summer, it is advantageous to swim in the sea. When
 aliquis convāluit, tamen usus venēris
some (person) has-become-healthy, yet the use of venerly
 est diu alienus ei.
is a long-time unfit for him.

XXII. Tabes sæpe habet male diutius et
Consumption often has ill (afflicts) very-long and
 periculosus eos, quos invasit. Atque
very-dangerously those, whom it has-attacked. And
 sunt plures species hujus quoque. Una est,
there-are very-many species of this also. One is,
 qua corpus alitur non, et aliquibus
in which the body is-nourished not, and some (portions)
 semper decedentibus naturaliter, vero nullis subeuntibus
always departing naturally, but none succeeding
 in locum eorum, summa macies
into the place of them, the highest (extreme) emaciation
 oritur; et tollit, nisi
arises; and takes-away (carries off the patient), unless
 occurratur. Græci vocant hanc Ἀτροφίαν (atrophian).
it is-opposed. The Greeks call this atrophia.

Ea consuevit incidere fere de
It has been-accustomed to happen for-the-most-part from
 duabus causis. Enim aut aliquis assumit
two causes. For either some (person) takes
 minus quam debet, nimio timore, aut plus
less than he ought, from-too-much fear, or more
 nimia aviditate: ita vel, quod deest,
from-too-much greediness: thus either, what is deficient
 infirmat; vel quod superat, corrumpitur.
weakens; or what abounds (is too much), is corrupted.
 Est altera species, quam Græci appellant
There-is another species, which the Greeks call
 καχεξία (kachexian); ubi est malus habitus
kachexia; where there-is a bad habit
 corporis; que idēo omnia alimenta corrumpuntur.
of body; and on-that-account all the aliments are-corrupted.

Quod fere fit, cum corpore
Which for-the-most-part is-done (happens), when bodies
 vitata longo morbo, etiamsi vacante illo,
being-vitiated by a long disease, even-if they-are-free from it,
 tamen accipiunt non refectioem; aut cum
yet they receive not refectio (nutrition); or when
 corpus affectum-est malis medicamentis; aut
the body has-been-affected by bad medicines; or
 cum necessaria defuerunt
when the necessary (things of life) have-been-wanting
 diu; aut cum aliquis assumit inusitatos
a-long-time; or when some (person) has-taken unusual
 et inutiles cibos, vel aliquid simile
and useless (injurious) foods, or some like (thing)
 incidit. Præter tabem, illud nonnunquam
has-happened. Besides consumption, that (this) sometimes
 solet accidere huic, ut summa
is-accustomed to happen to this (latter case), that the highest
 cutis exasperetur per assiduas
skin (the surface of the skin) may-be-made-rough by continual
 pustulas, aut ulcera, vel aliquæ partes corporis
pustules, or ulcers, or some parts of the body
 intumescant. Tertia, que longe periculosissima
may become-swollen. The third, and by far the most-dangerous
 species est, quam Græci nominarunt φθίσις (phthisis).
species is, which the Greeks have-named phthisis.
 Oritur fere a capite; inde
It-arises for-the-most-part from the head; thence
 destillat in pulmonem; exulceratio accedit huic;
it drops-down into the lungs; ulceration accedes to this;
 ex hac levis febricula fit, quæ
out-of this a slight little-fever is-made (proceeds), which
 etiam, cum quievit, repetit; est
even, when it has-become quiet, repeats (returns); there-is
 frequens tussis; pus excreatur; interdum aliquid
frequent cough; matter is-expectorated; sometimes some
 cruentum. Quidquid excreatum-est, si
(thing) bloody. Whatever has-been-expectorated, if

impositum-est in ignem, est mali odoris: itaque,
it has been-placed-in into the fire, is of bad odour: therefore,
 qui dubitant de morbo, utuntur
(those) who doubt concerning the disease, use

hac nota.
with this mark.

Cum hæc sint genera tabis,
When (since) these may-be the kinds of consumption,
 oportet animadvertere primum, quid sit,
it behoves to perceive first, what (kind) it may-be,
 in quo laboretur.
in which it may-be-laboured (the patient is suffering under).

Deinde, si corpus apparet tantum non ali,
Afterwards, if the body appears only not to be-nourished,
 attendere causam ejus; et si aliquis assumsit
to attend-to the cause of it; and if some (person) has-taken
 minus cibi quam debet, adjicere, sed paulatim;
less of food than he ought, to add, but by little-and-little;
 ne si oneraverit corpus, insuetum
lest if he-shall-have-loaded the body, being-unaccustomed
 subita multitudine, impediât concoctionem.
with sudden multitude (quantity), it-may-hinder concoction.

Vero si quis solitus-est assumere
But if any (person) has-been-accustomed to take
 plus justo, abstinere uno die;
more than-just, (he ought) to abstain in one day;
 deinde incipere ab exiguo cibo; adjicere
afterwards to begin from (with) little food; to add
 quotidie, donec perveniat ad justum modum. Præter
daily, until he may-arrive to a just measure. Besides
 hæc convēnit ambulare locis quam-minime
these (things) it-is-fit to walk in places as-little-as-possible
 frigidis, sole vitato; quoque exerceri per
cold, the sun being-avoided; also to be-exercised by
 manus; si est infirmior, gestari,
the hands (manual labour); if he-is very-weak, to be-carried,
 ungi, perfricari, si potest, maxime per
to be-anointed, to be-rubbed, if he-is-able, especially by

se-ipsū, sæpius eodem die, et ante cibum:
himself, very-often on the same day, both before food
 et post eum, sic ut interdum quædam calefacientia
and after it, so that sometimes some calefacient

adjiciantur olœo, donec insudet.
(ingredients) may-be-added to the oil until he may-sweat.

Que prodest jejunoprehendere cutem per
And it-profits in fasting to take-hold-of the skin through (in).

multas partes, et attrahere, ut relaxetur; aut
many parts, and to draw (it), that it may-be-relaxed; or
 facere idem subinde, resina imposita et
to day the same occasionally, resin being-placed-on and
 abducta.

Etiam interdum balneum est utile, sed
being-withdrawn. Also sometimes a bath is useful, but

post exiguum cibum. Atque aliquid cibi assumitur
after little food. And some (thing) of food is-taken

recte in solio ipso, aut, si fuit frictio
rightly in the solium itself, or, if there-has-been friction

sine hoc, protinus post eam. Vero cibi debent
without this, immediately after it. But the foods ought

esse ex iis qui concoquantur facile, qui alunt
to be out-of those which are-concocted easily, which nourish

maxime. Ergo usus vini quoque, sed austeri,
most. Therefore the use of wine also, but of rough,

est necessarius. Urina movenda.
is necessary. The urine (is) to be-moved (promoted).

At si est malus habitus corporis, primum est
But if there-is a bad habit of body, first it-is

abstinendum: deinde
to be-abstained (abstinence must be observed): afterwards

alvus ducenda; tum paulatim
the belly (is) to be-drawn (clystered); then by-little-and-little

cibi dandi, exercitationibus, unctionibus,
foods (are) to be-given, exercises, anointings,

frictionibus adjectis. Frequens balneum est
frictions being-added. A frequent bath is

utilius his, sed jejunis, etiam usque
very-useful to these (patients), but fasting, even until

sudorem. Vero est opus copiosis, variis
sweating. But there-is need with copious, with various
 cibis, boni succi, que qui etiam corrumpantur
foods, of good juice, and which also may-be-corrupted
 minus facile, austero vino. Si reliqua
less easily, (also) with rough wine. If the remaining
 proficiunt nihil, sanguis est mittendus ;
(other things) avail nothing, blood is to be-sent
 sed 'paulatim, que quotidie pluribus
(let) ; but by little-and little, and daily in very-many
 diebus, cum eo, ut cetëra quoque
days, with this (proviso), that the other (things) also
 servantur eodem modo.
may-be-kept (observed) in the same manner.

Quod-si est plus mali, et est vera phthisis,
But-if there-is more of evil, and it-is true phthisis,
 est necessarium occurrere protinus inter
it-is necessary to oppose (it) immediately among
 initia : enim neque is
the beginnings (from the commencement) : for neither that
 morbus evincitur facile, cum inveteraverit.
disease is-conquered easily, when it may-have-grown-old.
 Si vires patientur, est opus longa navigatione,
If the strengths allow, there-is need with long sailing,
 mutatione cœli, sic ut densius
with a change of heaven (climate), that that a thicker
 petatur quam id est, ex quo
(atmosphere) may-be-sought than that is, out-of which
 æger discedit ; que idëo itur
the sick (person) departs ; and on-that-account it-is-gone
 aptissime ex Italiã Alexandriam. Que
(people go) most-fitly out-of Italy (to) Alexandria. And
 fere inter principia
for-the-most-part among the beginnings (at the commencement)
 corpus debet posse pati id, cum hic
the body ought to be-able to allow that, when (since) this
 morbus oriatur maxime firmissima ætate, id est,
disease may-arise mostly in the strongest age, that is,

ab duodevicesimo anno ad tricesimum et quintum
from the eighteenth year to the thirtieth and fifth
 annum. Si imbecillitas sinit non id, est
year. If weakness suffers not that, it-is
 commodissimum gestari nave, tamen non longe:
most-advantageous to be-carried in a ship, yet not far:
 si aliqua res prohibet navigationem, corpus est
if some thing prevents sailing, the body is
 movendum lectica, vel alio modo. Tum est
to be-moved in a litter, or in other manner. Then it-is
 abstinendum a negotiis, que omnibus rebus quæ
to be-abstained from businesses, and from all things which
 possunt sollicitare animum; indulgendum
are-able to make-anxious the mind; (it is) to be-indulged
 somno; destillationes
to sleep (he must indulge in sleep); droppings (colds are)
 cavendæ, ne, si cura levarit quid,
to be-guarded-against, lest, if care may have-relieved any
 exaspèrent; et ob id
(thing), they may-irritate (it); and on-account-of that
 cruditas vitanda, que simul et sol
indigestion (is) to be-avoided, and at-the-same-time both sun
 et frigus; os obtegendum, fauces
and cold; the mouth (face is) to be-covered, the fauces
 velandæ, tussicula finienda suis
(throat) to be-clothed, the slight-cough to be-ended by its
 remediis: et, quamdiu quidem febricula
(appropriate) remedies: and, as-long-as indeed slight-fever
 incursat, medendum huic interdum abstinentiæ,
attacks, (it is) to-be-remedied to this sometimes by abstinence,
 interdum etiam tempestivis cibis; que eo tempore
sometimes also by seasonable foods; and at that time
 aqua bibenda. Quoque lac, quod est pro
water (is) to be-drunk. Also milk, which is for (as)
 veneno, in doloribus capitis, et in acutis febribus,
a poison, in pains of the head, and in acute fevers,
 et nimia siti facta per eas, ac sive
and in too-much thirst made by them, and whether

præcordia tument, sive urina est biliosa, sive
the præcordia are-swollen, or the urine is bilious, or
 sanguis fluxit; tamen potest dari
blood has-flowed (in hæmorrhage); yet is-able to be-given
 recte in phthisi, sicut in omnibus longis que
rightly in consumption, as-well-as in all long and
 difficilibus febriculis. Quod-si febris aut incursat
difficult fevers. But-if the fever either attacks
 nondum, aut jam remisit, est decurrendum
not-yet, or already has-remitted, it-is to-be-descended
 ad modicas exercitationes, que
(we must have recourse) to moderate exercises, and
 maxime ambulationes; item lenes frictiones. Balnæum
especially walkings; also gentle frictions. A bath
 est alienum. Cibus debet esse primo acer, ut
is improper. The food ought to-be at-first acrid, as
 allium, porrum, que id ipsum ex aceto, vel
garlick, leek, and that itself out-of (with) vinegar, or
 intubus ex eodem, ocimum, lactuca; deinde
endive out-of (with) the same, basil, lettuce; afterwards
 lenis, ut sorbitio ex
(the food should be) gentle (mild), as gruel out-of
 ptisana, vel ex alica, vel ex amylo, lacte
barley-groat, or out-of alica, or out-of amyllum, milk
 adjecto. Oryza quoque, et si est nihil aliud
being-added. Rice also, and if there-is nothing other
 far præstat idem. Tum est
(else), meal performs (effects) the same. Then it-is
 utendum invicem modo his, modo illis cibus;
to-be-used alternately now with these, now with those foods;
 que quædam adjicienda ex mediâ materia,
and some (things are) to be-added out-of the middle material,
 que præcipue cerebrum ex prima, vel
and especially brain out-of the first (class), or
 pisciculus, et similia his. Etiam farina mixta
small fish, and thelike (things) to these. Also meal mixed
 cum sevo ovillo ve caprino,
with suet belonging-to-the-sheep or belonging-to-the-goat,

deinde incocta, est pro medicamento. *Leve;*
afterwards being-boiled, is for (as) a medicine. Light
 austerum vinum debet assumi. Hactenus pugnatur
rough wine ought to-be-taken. Thus-far it-is-fought
 non magna mole: si noxa est
(resisted) not with great mass (difficulty): if the injury is
 vehementior, ac neque febricula, neque tussis quiescit;
more-violent, and neither the fever, nor the cough rests,
 que corpus apparet tenuari, est opus validioribus
and the body appears to be-wasted, there-is need with stronger
 auxiliis. Est exulcerandum candenti ferro uno
aids. It-is to be-ulcerated with a burning iron in one
 loco sub mento, altero in gutture, duobus ad
place under the chin, in another in the throat, in two at
 utramque mamam; item sub imis
each breast; also under the lowest (bottom of the)
 ossibus scapularum, quas Græci vocant
bones of the shoulder-blades which the Greeks call
 ὀμοπλάτας, sic, ne sinamus
ōmoplatas, so, lest we may-suffer (that we do not suffer)
 ulcēra sanescere, nisi tussi finita; cui
the ulcers to heal, unless the cough being-ended; to which
 quoque esse medendum per se,
also to be to be-cured by itself (that it requires a parti-
 est manifestum. Tunc extremæ partes
cular treatment), is manifest. Then the extreme parts
 perfricandæ vehementer ter ve quater die,
(are) to be-rubbed violently thrice or four-times in a day,
 thorax pertractandus levi manu, hora
the chest to be-handled (rubbed) with a light hand, an hour
 intermittenda post cibum, et crura que
(is) to be-intermitted after food, and the legs and
 brachia perfricanda: denis diebus interpositis,
arms (are) to-be-rubbed: ten days being-interposed
 æger est demittendus
(having intervened), the sick (person) is to be-sent-down
 in solium, in quo sit calida aqua et olēum:
into a bath, in which may be hot water and oil:

frictiones, cibos : deinde ipse perfricare se,
frictions, foods : afterwards himself to rub himself,
 spiritu suppresso ; abstinere diu a vino,
the breath being-suppressed ; to abstain a-long-time from wine,
 balnĕo, venĕre.
bath, venery.

XXIII. Inter notissimos morbos est etiam is,
Among the most-known diseases is also that,
 qui nominatur comitialis, vel major.
which is-named belonging-to-the-assembly, or the greater
 (epilepsy). Homo concidit subito ; spumæ moventur
The man falls suddenly ; foams are-moved
 (discharged) ex ore ; deinde tempore
out-of the mouth ; afterwards a time
 interposito redit ad se, et ipse consurgit
being-interposed he returns to himself, and himself rises
 per se. Id genus occupat viros sæpius quam fœminas.
by himself. That kind seizes men more-often than women.
 Ac quidem solet etiam esse longum, usque
And indeed it-is-accustomed also to-be long, until
 ad diem mortis, et non periculosum vitæ ;
to the day of death, and not dangerous to life ;
 tamen interdum cum est recens, consumit
yet sometimes when it-is recent, it consumes (destroys)
 hominem : et sæpe, si remedia sustulerunt
the man : and often, if remedies have-taken-away (it)
 non, initium venĕris in puĕris, menstruorum
not, the beginning of venery in boys, of the monthly
 (courses) in puellis, tollit, eum.
in girls, takes-away it (the epilepsy).
 Modo aliquis prolabitur cum distentione
Sometimes some (person) falls with distention
 nervorum, modo sine illa. Quidam
of the nerves (convulsions), sometimes without it. Some
 conantur excitare hos iisdem quibus
endeavour to rouse these with the same (things) with which
 (they rouse) lethargicos, quod est admodum
lethargic (patients), which is very

supervacuum; et quia ne-quidem lethargicus
superfluous (useless); both because not-even a lethargic
 sanatur his; et quia cum ille
is-cured by-these (things); and because when he
 possit nunquam expergisci, atque
(the lethargic) may-be-able never to awake, and
 ita interire fame, hic utique
thus to perish by hunger, this (the epileptic) truly
 revertitur ad se. Ubi aliquis concidit,
returns to himself. When some (person) has-fallen,
 si nulla distentio nervorum accessit,
if no distention of the nerves has-acceded (accompanied),
 utique sanguis debet mitti: si accessit,
truly blood ought to be-sent (let): if it has-acceded,
 utique est non mittendus, nisi alia
truly it is not to be-sent (let), unless other (things)
 quoque hortantur. Autem est necessarium ducere
also advise (it). But it is necessary to draw
 alvum, vel purgare nigro veratro,
the belly (to clyster), or to purge with black hellebore,
 vel facere utrumque, si vires patiuntur: tunc
or to do each (both), if the strengths allow: then
 tondere caput, que perungere oleo et
to shave the head, and to anoint (it) with oil and
 aceto; dare cibum post tertium diem,
with vinegar; to give food after the third day,
 simul hora transiit qua concidit. Autem
as-soon-as the hour has-passed in which he fell. But
 neque sorbitiones, que alii molles et faciles
neither gruels, and other soft and easy
 cibi, neque caro, que minime suilla,
foods, nor flesh, and least (that) belonging-to-swine,
 convenit his; sed mediæ materiæ:
is-fit for these; but (food) of the middle material:
 nam et est opus viribus, et cruditates
for both there-is need with strengths, and indigestions
 sunt cavendæ. Cum quibus oportet
are to be-guarded-against. With which it behoves (him)

fugere solem, balneum, ignem, que omnia,
to avoid sun, the bath, fire, and all
 calefacientia; item frigus, vinum, venere,
calefacient (things); also cold, wine, venery,
 conspectum præcipitis loci, que omnium
the sight of a precipitate place (a precipice), and of all
 terrentium, vomitum, lassitudinem, sollicitudines,
frightening (things), vomiting, weariness, anxieties,
 omnia negotia. Ubi cibus datus-est tertio
all businesses. When food has-been-given on the third
 die, intermittere quartum, et quemque alterum
day, to intermit the fourth, and each other
 invicem, eadem hora cibi
(every other day) alternately, the same hour of food
 servata, donec quatuordecim dies transcant. Quos
being-kept, until fourteen days may pass. Which
 ubi morbus excessit, deposuit
(days) when the disease has-exceeded, it has-put-away
 vim acuti: ac, si manet, est
the violence of an acute (disease): and, if it remains, it is
 jam curandus ut longus. Quod-si medicus
now to be-treated as long (chronic). But-if the physician
 accessit non die quo id primum
has arrived not in the day in which that first
 incidit, sed is qui consuevit cadere,
happened, but he (a person) who has-been-accustomed to fall,
 traditus-est ei; protinus eo genere victus
has been-delivered to him; immediately that kind of diet
 habito, qui comprehensus-est supra, dies
being-held, which has been-comprehended above, the day
 est expectandus, quo prolabatur; que
is to be-awaited, in which he may-fall; and (it is)
 utendum tum vel missione sanguinis vel
to be-used then either with sending (letting) of blood or
 ductione alvi, vel nigro
with drawing of the belly (clystering), or with black
 veratro, sicut præceptum-est: deinde insequentibus
hellebore, as has-been-directed: afterwards in the following

diebus, est nutriendus per eos cibos quos
days, he is to be-nourished by those foods which
 proposui, omnibus vitatis quæ
I have-placed-before, all (things) being-avoided which
 dixi cavenda. Si morbus
I have-said to be-guarded-against. If the disease
 fuerit non finitus per hæc, erit
shall-have-been not ended by these (things), it will-be
 confugiendum ad album veratrum;
to be-fled (recourse must be had) to white hellebore;
 ac utendum eo quoque ter aut quater,
and (it is) to be-used with it also thrice or four-times,
 non ita multis diebus interpositis; tamen sic,
not so many days being-interposed; yet so,
 ne-sumat unquam iterum, nisi
(that) he may-not-take (it) ever again, unless
 conciderit. Autem mediis diebus
he may-have-fallen. But in the middle (intermediate) days
 vires ejus erunt nutriendæ; quibusdam
the strengths of him will be to be-nourished; some (things)
 adjectis, præter ea, quæ scripta-sunt supra.
being-added, besides those, which have-been-written above.
 Ubi experrectus-est mane, corpus ejus,
When he has awoke in-the-morning, the body of him,
 ventre cum capite excepto, permulceatur
the belly with the head being-excepted, may-be-rubbed
 leniter ex vetere oleo: tum utatur
gently out-of (with) old oil: then he may-use
 ambulatione quam-maximè longa et recta:
with walking as-much-as-possible long and straight:
 post ambulationem perfricetur tepido loco
after walking he may-be-rubbed in a warm place
 vehementer et diu, ac non minus
violently and a long-time, and not less
 ducenties, nisi erit infirmus: deinde
than-two-hundred-times, unless he shall be weak: afterwards
 perfundatur per caput multa
he may-be-poured through (over) the head with much

frigida aqua; assumat paulum cibi; conquiescat;
cold water; he may take a little of food; he may rest
 rursus utatur ambulatione ante noctem: iterum
again he may-use with walking before night: again
 perfricetur vehementer, sic ut neque venter
he may-be-rubbed violently, so that neither the belly
 neque caput contingatur: post hæc
nor the head may-be-touched: after these (things)
 cœnet; que tribus aut quatuor diebus interpositis,
he may sup; and three or four days being-interposed;
 assumat acrida uno aut altero die.
he may take acrid (things) on one or another day (for once
 or two days). Si fuerit liberatus ne-quidem
or two days). If he may-have-been freed not-even
 per hæc, radat caput: ungatur
by these (things), he may-shave the head: he may-be-anointed
 vetere oléo, aceto et nitro adjecto;
with old oil, vinegar and nitre being-added;
 perfundatur salsa aqua; bibat
he may-be-poured-over with salt water; he may-drink
 jejunos castoreum ex aqua; utatur nulla
fasting castor out-of (with) water; he may use with no
 aqua, nisi decocta, causa potionis. Quidam
water, unless boiled, for the sake of drink. Some
 liberarunt se tali morbo, calido
have freed themselves from such disease, the warm
 sanguine jugulati gladiatoris epoto: apud quos
blood of a slain gladiator being-drunk: with whom
 miserius malum fecit miserum auxilium
a more-wretched evil (malady) has-made a wretched assistance
 tolerabile. Vero quod pertinet ad medicum,
supportable. But what pertains to the physician,
 ultimum est mittere paulum sanguinis
the last (remedy) is to send (to let) a little of blood
 ex utroque crure, juxta talum; incidere
out-of each leg, near the ankle; to incise
 occipitium, et admovere
the hinder-part-of-the-head, and to apply

cucurbitūlas ; adurēre duobus locis
the cupping-instruments ; to burn in two places

candenti ferro, quoque in occipitiō
with burning iron, also in the hinder-part-of-the-head

et infra, qua summa vertebra committitur cum
and below, where the highest vertebra is-connected with

capite, ut perniciosus humor evadat per
the head, that the pernicious humour may escape through

ea. Quibus, si malum fuerit non
them. By which (things), if the evil may-have-been not

finitum, est prope, ut sit perpetuum. Ad
ended, it is near, that it-may-be perpetual. To

levandum id, erit utendum tantummōdo multa
alleviate that, it will-be to be-used only with much

exercitatione, frictione, que iis cibis, qui
exercise, with friction, and with those foods, which

comprehensi-sunt supra : que præcipue omnia
have-been-comprehended above : and especially all

vitanda, quæ excepimus, ne
(things are) to be-avoided, which we-have-excepted, lest

fiērent.

they-might-be-done.

XXIV. Æque notus est morbus, quem nominant
Equally known is the disease, which they name

interdum arquatum, interdum regium. Quem
sometimes the arched, sometimes the royal (jaundice). Which

Hippocrātes ait esse tutum, si supervēnit post
Hippocrates says to be safe, if it comes-on after

septimum diem ægro febricitante, tantummōdo
the seventh day the sick (person) being-in-fever, only

præcordiis substantibus mollibus :
(provided) the præcordia existing (being) soft :

Diocles etiam prodesse ex-toto, si oritur post
Diocles (says it) even to profit entirely, if it arises after

febrem ; si febris post hunc, occidere. Autem
fever ; if fever (arises) after this (it), to kill. But

color detegit eum morbum, maxime oculorum, in
the colour detects that disease, especially of the eyes, in

quibus, quod debet esse album, fit lutëum. Qu
which, what ought to be white, becomes pale-yellow. An
 solet accedëre et sitis, et
there-is-accustomed to accede (accompany) both thirst, and
 dolor capitis, et frequens singultus, et durities
pain of the head, and frequent hiccough, and hardness
 præcordiorum dextra parte, et ubi est
of the præcordia in the right part, and when there-is
 vehemens motus corporis, difficultas spiritus, que
violent motion of the body, difficulty of breathing, and
 resolutio membrorum: atque ubi manet
relaxation of the limbs (paralysis): and when it remains
 diutius, totum corpus inalbescit cum quodam
very-long, the whole body becomes-white with a certain
 pallore. Primo die oportet ægrum
paleness. On the first day it behoves the sick (person)
 abstinere; secundo ducëre alvum; tum
to abstain; on the second to draw the belly (to clyster); then
 si est febris, discutëre eam genere victus; si
if there-is fever, to dissipate it by the kind of diet; if
 est non, dare scammoniam potui, vel albam
there-is not, to give scammony for (as a) drink, or white
 betam contritam cum aqua, vel amaras nuces,
beet bruised with water, or bitter nuts
 absinthium, anisum cum mulsa aqua,
(almonds), worm-wood, anise with honied water,
 sic ut sit minima pars hujus.
so that there-may-be the least part of this (anise).
 Asclepiades cogebat bibëre quoque salsam
Asclepiades did force (his patients) to drink also salt
 aquam, et quidem per biduum, causa
water, and indeed through the-space-of-two-days, for-the-sake
 purgationis, iis rejectis quæ movent
of a purging, those (things) being-rejected which move
 urinam. Quidam, superioribus omissis,
(promote) urine. Some, the above (things) being-omitted,
 dicunt se consëqui idem per hæc,
say themselves to attain the same by these (diuretics),

et per eos cibos qui extenuant. Ego utique præfero
and by those foods which attenuate. I truly prefer
 validiora auxilia, si est satis virum; imbecilliora,
stronger aids, if there-is enough of strengths; weaker

si parum. Si fuit purgatio, oportet
(remedies), if little. If there-has-been a purging, it behoves

assumere medicæ cibum ex mediâ materiâ
to take moderately food out-of the middle material(class)

primo triduo post eam, et bibere
in the first space-of-three-days after it, and to drink

salsum Græcum vinum, ut resolutio ventris
salted Greek wine, that the relaxation of the belly

maneat: tum altero triduo esse
may remain: then on the other space-of-three-days to eat

validiores cibos, et quoque aliquid carnis, que
stronger foods, and also something of flesh, and

manere intra aquam: deinde
to remain within (to confine himself to) water: afterwards

reverti ad superius genus victus, cum eo,
to return to the former kind of diet, with this (exception),

ut satiatur magis: Græco vino omissio,
that he may-be-satiated more: Greek wine being-omitted,

bibere integrum, austerum; atque ita
(he ought) to drink pure, rough (wine); and so

variare per hæc, ut interdum quoque interponat
to vary by these, that sometimes also he may interpose

acres cibos, interdum redeat ad salsum vinum.
acid foods, sometimes he may-return to salted wine.

Vero per omne tempus est utendum exercitatione,
But through all the time it is to be-used with exercise,

frictione; si est hiems, balneo; si æstas,
with friction; if it-is winter, with a bath; if summer,

frigidis natationibus; etiam cultiore lecto,
with cold swimmings; also with a more-ornamented bed,

et conclavi, lusu, joco, ludis, lascivia,
and chamber, with sport, with jest, with games, with frolick,

per quæ mens exhilaretur:
by which (things) the mind might-be-exhilarated:

ob quæ videtur dictus regius
on-account-of which (things) it seems (to be) called the royal
 morbus. Quoque malagma, quod digērat, datum
disease. Also a poultice, which may digest, given
 super præcordia, prodest; vel arida ficus
(applied) upon the præcordia, profits; or dry fig
 imposita ibi, si jecur aut lienis affectus-est.
placed-on there, if the liver or the spleen has-been-affected.

XXV. Autem is morbus, quem Græci vocant
But that disease, which the Greeks call
 ἰλεφαρίασιν (elephantiasin), pœne ignotus in Italiâ, est
elephantiasis), almost unknown in Italy, is
 frequentissimus in quibusdam regionibus: que is
most-frequent in some regions: and that
 adnumeratur longis. Totum corpus
is numbered-to to long (chronic diseases). The whole body
 afficitur ita, ut quoque ossa dicantur
is-affected so, that also (even) the bones may-be-said
 vitari. Summa pars corpōris
to be-vitiated. The highest part (the surface) of the body
 habet crebras macūlas que frequentes tumores: rubor
has frequent spots and frequent tumours: the redness
 earum convertitur paulatim in atrum colorem:
of them is-turned by-little-and-little into a black colour:
 summa cutis inæqualiter crassa,
the highest skin (surface of the skin) unequally thick,
 tenuis, dura que mollis, exasperatur quasi quibusdam
thin, hard and soft, is-made-rough as-if with certain
 squamis; corpus emacrescit, os, suræ,
scales; the body becomes-emaciated, the mouth, the calves,
 pedes intumescunt; ubi morbus est vetus, digiti
the feet swell; when the disease is old, the fingers
 in manibus que pedibus conduntur sub tumore,
in the hands and feet are-hid under the swelling,
 febricūla oritur, quæ facile consumit hominem
slight-fever arises, which easily destroys the man
 obrūtum tot malis. Ergo protinus
overwhelmed with so-many evils. Therefore immediate.

inter initia sanguis debet mitti
among (during) the beginnings blood ought to be-sent (let)
 per biduum, aut venter solvi
through the-space-of-two-days, or the belly to be relaxed
 nigro veratro: tum inedia, quanta potest
with black hellebore: then fasting, as-great-as is-able
 sustineri, est adhibenda: deinde vires
to be-supported, is to be-applied: afterwards the strengths
 reficiendæ paulum, et alvus ducenda:
to be-repaired a little, and the belly to be-drawn (clystered):
 post hæc, ubi corpus levatum-est, est
after these (things), when the body has-been-relieved, it-is
 utendum exercitatione, que præcipue cursu;
to-be-used with exercise, and particularly with running;
 sudor evocandus primum labore corporis
sweat (is) to be-called-forth first by the labour of the body
 ipsius, deinde etiam siccis sudationibus: frictio
itself, afterwards also by dry sweatings: friction
 adhibenda: que moderandum inter hæc,
to be-applied: and (it is) to be-regulated among these (things),
 ut vires conserventur. Balneum debet esse
that the strengths may-be-preserved. The bath ought to be
 rarum; cibus sine pinguibus, sine glutinosis,
rare; the food without fat, without glutinous,
 sine inflantibus: vinum datur recte, præterquam
without inflating (things): wine is-given rightly, except
 primis diebus. Plantago contrita et illita,
in the first days. Plantain bruised and smeared-on,
 videtur tueri corpus optime.
seems to defend the body best.

xxvi. Quoque videmus raro attonitos,
Also we see seldom (persons) thunderstruck,
 et corpus et mens quorum stupet. Interdum
both the body and mind of whom is-in-stupor. Sometimes
 fit ictu fulminis, interdum
it-is-made (caused) by a stroke of lightning, sometimes
 morbo: Græci appellant hunc ἀποπληξίαν
by disease: the Greeks call this

(apoplēxian). Sanguis est mittendus his : quoque
apoplexy. Blood is to be-sent (let) to these : also
 utendum albo veratro, vel ductione
 (it is) *to be-used with white hellebore, or with drawing*
 alvi. Tum friciones adhibendæ,
of the belly (clystering). Then, frictions (are) to be applied,
 et minime pingues cibi ex mediâ materiâ;
and least fat foods out-of the middle material ;
 etiâ quidam acres ; et abstinendum a
also some acrid (foods); and (it is) to be-abstained from
 vino.
wine.

XXVII. At resolutio nervorum est
But relaxation of the nerves (paralysis) is
 frequens morbus ubique: sed interdum infestat
a frequent disease every-where: but sometimes it attacks
 tota corpōra, interdum partes. Vetēres auctores
whole bodies, sometimes parts. The old authors
 nominaverunt illud ἀποπληξίαν (apoplēxian), hoc
have-named that (former) apoplexy, this
 (latter) παράλυσιν (paralūsin): vidēo utrumque nunc
paralysis: I see each now
 appellari παράλυσιν (paralūsin). Autem qui
to be-called paralysis. But (those) who
 resoluti-sunt vehementer per omnia membra,
have-been-relaxed violently through all the limbs,
 solent rapi celeriter: ac si
are-accustomed to be-siezed (carried-off) quickly: and if
 correpti-sunt non, vivunt quidem
they have been-siezed (carried-off) not, they live indeed
 diutius, sed tamen perveniunt raro ad sanitatem, et
very-long, but yet they-arrive seldom to health, and
 plerumque trahunt misērum spirītum,
generally draw a wretched breathing (existence),
 memoriâ quoque amissa. Vero in partibus
memory also being-lost. But in parts (when not
 morbus est nunquam acutus, sæpe longus,
general) the disease is never acute, often long,

fere sanabilis. Si omnia membra
for-the-most-part curable. If all the limbs
 resoluta-sunt vehementer, detractio sanguinis vel
have-been-relaxed violently, withdrawal of blood either
 occidit, vel liberat: aliud genus curationis vix
kills, or frees: other kind of treatment scarcely
 unquam restituit sanitatem, sæpe tantum differt mortem,
ever restores health, often only defers death,
 interim infestat vitam. Post missionem
meantime harasses life. After sending (letting)
 sanguinis, si et motus et mens redit non, nihil
of blood, if both motion and mind returns not, nothing
 spei superest; si redit, sanitas quoque
of hope remains; if it returns, health also
 prospicitur. At ubi pars resoluta-est,
is-looked-forward-to. But when a part has-been-relaxed,
 vel sanguis mittendus, vel alvus ducenda
either blood (is) to be-sent (let), or the belly to be-drawn
 pro vi et malo corporis.
(clystered) according-to the strength and evil of the body.
 Eadem cetera sunt facienda in utroque casu:
The same other (things) are to-be-done in each case:
 siquidem præcipue convēnit vitare frigus; que
since-that especially it-is-fit to avoid cold; and
 paulatim est revertendum ad exercitationes,
by-little-and-little it-is to be-retained to exercises,
 sic ut ipse ingrediatur protinus si potest: si
so that he may-walk immediately if he-is-able: if
 imbecillitas crurum prohibet id, vel gestetur,
weakness of the legs prevents that, either he may-be-carried,
 vel concutiatu motu lecti: tum id
or may-be-shaken by the motion of the bed: then that
 membrum, quod deficit moveatur per
limb, which fails (is affected) may-be-moved by
 se, si potest; sin minus per alium,
itself, if it-is-able; but-if less (otherwise) through another,
 et redēat quadam vi ad suam consuetudinem.
and may-return by a certain force to its custom.

Etiam prodest exasperasse summam cutem
Also it profits to have-irritated the highest skin (the
 torpentis membri, vel cæsam
surface of the skin) of the torpid limb, either being-beaten
 urticis vel sinapi imposito, sic ut hæc
with nettles or with mustard placed-on, so that these
 removeantur, ubi corpus cœperit rubere.
may-be-removed, when the body may-have-begun to be-red.
 Quoque contrita scilla que contriti bulbi imponuntur
Also bruised squill and bruised bulbs are-placed-on
 recte cum thure. Neque est alienum, quoque
rightly with frankincense. Neither is-it improper, on each
 tertio die vellere cutem diutius resina, etiam
third day to pluck the skin very-long with resin, also
 pluribus locis; aliquando admoveere cucurbitulas
in very-many places; sometimes to apply the cupping-instruments
 sine ferro. Autem vetus olëum est
without the iron (incision). But old oil is
 aptissimum unctioni, vel nitrum admixtum aceto
most-fit for anointing, or nitre mixed with vinegar
 et olëo. Quin etiam est magnopere necessarium
and with oil. But also it-is greatly necessary
 fovere calida aqua marina, vel si ea
to foment with hot water belonging-to-the-sea, or if that
 est non, tamen salsa. Ac si sunt
is not, yet with salted (water). And if there-are
 quo loco vel naturales natationes, vel etiam
in any place either natural swimming-places, or even
 tales factæ manu, est utendum iis
such made by the hand, it-is to-be-used with these
 potissimum; que membra quæ deficiunt maxime
especially; and the limbs which fail (are affected) most
 præcipue agitanda in his: si id est non,
(are) especially to be-agitated in these: if that is not
 tamen balnëum prodest. Cibus debet esse
(to be had), yet a bath profits. The food ought to be
 ex mediâ materia, que maxime ex
out-of the middle material, and especially out-of

venatione ; potio calidæ aquæ, sine vino :
hunted-game ; the drinking of hot water, without wine :
 tamen si morbus est vetus, Græcum salsum vinum
yet if the disease is old, Greek salted wine
 potest interponi causa purgationis quarto
is-able to be-interposed for-the-sake of a purging on the fourth
 vel quinto die. Vomitus post cœnam est utilis.
or fifth day. A vomiting after supper is useful.

2. Vero interdum etiã dolor nervorum solet
But sometimes also pain of the nerves is-accustomed
 oriri. In hoc casu expedit non vomere, non
to arise. In this case it is-expedient not to vomit, not
 movere urinam medicamentis, non
to move (promote) urine by medicines, not (to promote)
 sudorem exercitatione, ut quidam præcipiunt. Aqua est
sweat by exercise, as some direct. Water is
 bibenda bis die : corpus est perfricandum
to be-drunk twice in-the-day : the body is to-be-rubbed
 leniter, satis diu, in lectulo, deinde spiritu
gently, sufficiently long, in little-bed, afterwards the breath
 retento : ab exercitatione ipsa superiores partes
being-retained : from (in) exercise itself the upper parts
 movendæ potius : utendum
(are) to be-moved rather (in preference) : (it is) to be-used
 raro balneo : subinde cœlum
with a rare (unfrequent) bath : occasionally the heaven
 mutandum peregrinationibus. Si est
(atmosphere is) to be-changed by travellings. If there-is
 dolor, ea pars ipsa est perungenda sine olœo,
pain, that part itself is to be-anointed without oil,
 nitro ex aqua ; deinde involvenda,
with nitre out-of (with) water ; afterwards to be-wrapped-up,
 et lenis pruna subjicienda,
and a gentle live-coal (fire without blaze) to be-placed-under,
 et sulphur, atque ita id fumigandum :
and brimstone, and thus that (member) to be-fumigated :
 que id faciendum aliquandiu, sed jejuno,
and that (is) to be-done for-some-time, but (to him) fasting,

cum concoxerit jam bene. Quoque
when he may-have-concocted already well. Also
 cucurbitulæ sunt admovendæ sæpe parti
cupping-instruments are to be-applied often to the-part
 dolenti, que is locus est pulsandus leniter
being-in-pain, and that place is to be-beaten gently
 inflatis vesicis bubulis. Est etiam utile
with inflated bladders belonging-to-bulls. It-is also useful
 miscere sebum cum contritis seminibus hyoscyami
to mix suet with the bruised seeds of henbane
 et urticæ, sic ut modus omnium
and of nettle, so that the manner (quantity) of all
 sit par, que imponere id: fovere aqua,
may-be equal, and to put-on that: to foment with water,
 in qua sulphur decoctum-sit. Quoque
in which brimstone may-have-been-boiled. Also
 utriculi repleti calida aqua imponuntur recte,
small-bottles filled with hot water are-put-on rightly,
 aut bitumen mixtum cum farina hordeacæa.
or bitumen mixed with meal belonging-to-barley.
 Atque potissimum in dolore ipso, est utendum
And most-especially in the pain itself, it-is to-be-used
 vehementi gestatione: quod est pessimum in
with violent gestation: which is worst (very bad) in
 aliis doloribus.
other pains.

3. Autem tremor nervorum æque intenditur
But trembling of the nerves equally is stretched
 vomitu que medicamentis moventibus
(increased) by vomiting and by medicines moving
 urinam. Habet etiam balneæ, que assas
(promoting) urine. It-has also baths, and roasted
 sudationes inimica. Aqua est bibenda:
(dry) sweatings hostile. Water is to-be-drunk:
 utendum acri ambulatione; item unctionibus,
to-be-used with active walking; also with anointings,
 que frictionibus, maxime per se-ipsum:
and with frictions, especially (applied) by himself:

superiores partes dimovendæ pila, que
the upper parts (are) to be-moved (exercised) by ball, and
 similibus: utendum quolibet cibo,
by the like (things): (it is) to be-used with any food,

dummōdo utique studeatur
provided-that especially it may-studied (attention be paid)

concoctioni: secundum cibum, abstinendum
to concoction: next-to food, (it is) to be-abstained

curis; est utendum rarissīma
from cares (anxious employment); it-is to be-used with-very-rare

venēre. Si quando prolapsus-est in eam,
venery. If at-any-time he has-fallen into it (indulged

tum debet perfricari olēo lenīter, que
in it), then he ought to be-rubbed with oil gently, and

diu, in lectūlo manibus puerilibus potius
a long-time, in little-bed with hands belonging-to-boys rather

quam virilibus.
than belonging-to-men.

4. Autem ubi suppurationes, quæ oriuntur
But when suppurations, which arise

in aliqua interiori parte, fuerint notæ,
in some interior part, may-have-been known (discovered),

oportet agere id primum per ea
it behoves to act (effect) that (this) first by those

cataplasmata quæ reprimunt, ne inutilis
cataplasms which repress, lest an useless (injurious)

coitus materiæ fiat; deinde, si hæc
collection of matter may-be-made; afterwards, if these

victa-sunt, ut dissipetur
(things) have-been-conquered, that it may be-dispersed

per ea malagma quæ digērunt. Quod si
by those poultices which digest (disperse). Which if

consecuti-sumus non, sequitur, ut evocetur:
we-have-attained not, it follows, that it may be-called-forth

(drawn to the exterior): deinde, ut
afterwards, that

maturescat. Tum finis omnis
it may-come-to-maturity. Then the end of every

vomicæ est, ut rumpatur : que indicium
 imposthume is, that it may-be-broken : and the token
 est, pus redditum vel alvo vel
 is, matter rendered (discharged) either from the belly or
 ore.

Sed oportet facere nihil, quo,
 from the mouth. But it behoves to do nothing, by which,
 quidquid est puris, excedat minus. Est
 whatever there-is of matter, may come-out less. It-is

utendum maxime sorbitionibus, et calida
 to be-used especially with gruels, and with hot

aqua. Ubi pus desit ferri,
 water. When the matter has-ceased to be-borne (voided),

transeundum ad faciles quidem, sed tamen
 (it is) to be-passed to easy indeed, but yet

validiores et frigidos cibos, que frigidam aquam,
 stronger and cold foods, and cold water,

tamen sic ut initium fiat a egelidis.
 yet so that a beginning may-be-made from lukewarm

Que primo quædam edenda
 (things). And at-first some (things are) to be-eaten

cum melle, ut nuclei pinæ, ve Græcæ
 with honey, as kernels belonging-to-the-pine, or Greek

vel Avellanæ nuces : postea id ipsum
 or Avellanian (filberd) nuts : afterwards that itself (is)

submovendum, quo cicatrix possit
 to be-removed, by which (in order that) the scar may-be-able

induci maturus. Succus vel porri vel
 to be-brought-on earlier. The juice either of leek or

marrubii assumtus est medicamentum ulcæri
 of horehound being-taken is a medicine to the ulcer

eo tempore, et porrum ipsum adjectum omni
 in that time, and leek itself being-added to all

cibo. Autem oportebit uti frictionibus in
 (his) food. But it will-behave to use with frictions in

his partibus que afficiuntur non ; item lenibus
 those parts which are-affected not ; also with gentle

ambulationibus : erit vitandum, ne ulcæra
 walkings : it will be to be-avoided, lest the ulcers

sanescētia exasperēntur vel luctando, vel
growing-healthy may-be-irritated either by struggling, or
 currendo, vel aliā ratione. Enim vomitus
by running, or by other reason (means). For vomiting
 sanguinis in hoc morbo est perniciosus, quē
of blood in this disease is pernicious, and
 idēo est cavendus omni modo.
on-that-account is to-be-guarded-against in every manner.

QUARTUS LIBER.
 THE FOURTH BOOK.

1. HACTENUS ea genēra morborum reperiantur,
THUS-FAR those kinds of diseases are-found
 quę sunt ita in totis corporibus, ut
(traced), which are so in whole bodies, that
 certę sedes possint non assignari
certain (determined) seats may-be-able not to be-assigned
 iis; nunc dicam de iis quę sunt in
to them; now I shall speak concerning those which are in
 partibus. Autem morbi quę curationes omnium
parts. But the diseases and treatments of all
 interiorum venient facilius in notitiā si
interior (parts) will come more-easily into knowledge if
 prius ostendēro breviter sedes
previously I shall-have-shown briefly the seats (positions)
 eorum. Igītur caput, quę ea, quę sunt
of them. Therefore the head, and those (parts) which are
 in ore, terminantur non tantummōdo lingua
in the mouth, are-limited not only by the tongue
 quę palato, sed etiā, quātēnus sunt exposita
and by the palate, but also, as-far-as they-are exposed
 nostris oculis. In dextra quę sinistra circa
to our eyes. In (on) the right and the left around
 guttur grandes venę, quę nominantur
the throat (are) great veins, which are-named

σφαγίτιδες; que item arteriæ, quas vocant *καρωτίδας*
 sphagitides; and also arteries, which they call
 (karōtīdas), procedentes sursum feruntur ultra
 carotides, proceeding upwards are-borne beyond
 aures. At glandulæ sunt positæ in cervicibus
 the ears. But glands are placed in the necks
 ipsis, quæ interdum intumescunt cum dolore.
 themselves, which sometimes become-swollen with pain.
 Deinde duo itinera incipiunt: nominant
 Afterwards two journeys (passages) begin: they name
 alterum asperam arteriam; alterum,
 the other (one) the rough artery (the trachea); the other,
 stomachum. Exterior arteria fertur
 the stomach (the œsophagus). The outer artery is-borne
 ad pulmonem; interior stomachus
 (reaches) to the lungs; the inner stomach (œsophagus)
 ad ventriculum: illa recipit spiritum, hic
 to the belly: that (former) receives the air, this
 cibum. Quibus cum sint
 (latter) the food. To which when (since) there may-be
 diversæ viæ, qua coeunt, est exigua
 different ways, where they meet, there-is a small
 lingua in arteria sub faucibus ipsis:
 tongue in the artery (trachea) under the fauces themselves:
 quæ attollitur, cum spiramus; claudit arteriam,
 which is-raised, when we breathe; it shuts the artery
 cum assumimus cibum que potionem.
 (trachea), when we take food and drink.
 Autem arteria ipsa, dura et cartilaginosa,
 But the artery (trachea) itself, hard and cartilaginous,
 assurgit in gutture; residit ceteris partibus.
 rises-up in the throat; it sinks in other parts.
 Constat ex quibusdam circulis, compositis ad
 It consists out-of some circles, arranged to
 imaginem earum vertebrarum, quæ sunt in
 (after) the likeness of those vertebræ, which are in
 spina: tamen ita ut aspera ex
 the spine: yet so that (being) rough out-of (in)

exteriore parte ; sit lævis modo
the exterior part ; it may-be smooth in the manner
 stomăchi, ex interiore : que
of the stomach (œsophagus), out-of (in) the interior : and
 ea descendens ad præcordia committitur cum
it descending to the præcordia is-connected with
 pulmone. Is spongiosus, que idēo
the lungs. That (the lungs) spongy, and on-that-account
 capax spiritus, et junctus a tergo
capacious of air, and (being) joined from the back
 spinæ ipsi, dividitur in duas fibras,
(behind) to the spine itself, is-divided into two filaments
 modo ungulæ bubulæ.
(lobes), in-the-manner of a hoof belonging-to-an-ox.
 Huic cor est annexum, musculosum natura,
To this the heart is annexed, muscular by nature,
 situm in pectore sub sinisteriore mamma ; que
situated in the breast under the left breast ; and
 habet quasi duos ventriculos. At sub
has as-if two little-bellies (ventricles). But under
 corde atque pulmone est transversum septum
the heart and lungs there-is the transverse inclosure
 ex valida membrana, quod diducit
(the diaphragm) out-of a strong membrane, which divides
 uterum a præcordiis ; que id nervosum,
the belly from the præcordia ; and that (being) sinewy,
 etiam multis venis discurrentibus per id,
also with many veins running-apart through it,
 discernit non solum intestina, sed quoque jecur
separates not only the intestines, but also the liver
 que lienem a superiore parte. Hæc viscera
and spleen from the upper part. These viscera
 sunt proxime, sed tamen posita infra, dextra que
are very-near, but yet placed beneath, on the right and
 sinistra. Jecur orsum ab septo
left. The liver having-commenced from the inclosure
 (diaphragm) ipso a dextra parte sub
itself from (on) the right part under

præcordiis, est cavum intrinsæcus, extrinsæcus gibbum:
the præcordia, is hollow inwardly, without convex:
 quod prominens insidet ventriculo leviter,
which being-prominent sits-on (rests-on) to the ventricle lightly,
 et dividitur in quatuor fibras. Vero
and is-divided into four filaments (lobes). But
 ex inferiore parte fel inhæret ei.
out-of (on) the lower part the gall adheres to it.
 At lienis sinistra, est innexus non
But the spleen (being) the left, is connected not
 eidem septo, sed intestino, mollis
to the same inclosure (diaphragm), but to the intestine, soft
 et rarus natura, modicæ longitudinis
and rare (incompact) by nature, of moderate length
 que crassitudinis; que is excedens paulum a
and thickness; and that advancing a little from
 regione costarum in uterum, conditur ex
the region of the ribs into the belly, is buried out-of
 maxima parte sub his. Atque hæc
the greatest part under these (ribs). And these (viscera)
 sunt juncta quidem. Vero renes diversi;
are joined indeed. But the kidneys (are) separate;
 qui inhærent lumbis sub imis costis,
which adhere to the loins under the lowest ribs,
 rotundi a parte earum, resimi
(being) round from the part of them (the ribs), turned-up
 ab altera: et qui sunt venosi, et
from the other (side): and which are veiny, and
 habent ventriculos, et conteguntur super tunicis.
have ventricles, and are-covered above with tunics.
 Ac hæc quidem sunt sedes viscærum.
And these indeed are the seats of the viscera.
 Vero stomachus, qui est principium
But the stomach (œsophagus), which is the beginning
 intestinorum, nervosus, incipit a septima
of the intestines, (being) sinewy, begins from the seventh
 vertebra spinæ; committitur cum ventriculo circa
vertebra of the spine; it-is-connected with the belly about

præcordia. Autem ventriculus, qui est receptaculum
the præcordia. But the belly, which is the receptacle
 cibi, constat ex duobus tergoribus; que is
of food, consists out-of two skins (coats); and it
 est positus inter lienem et jecur; utroque
is placed between the spleen and the liver; each
 ex his ingrediente paulum super
out-of these (latter) passing a little over
 eum. Que sunt etiam tenues membranulae, per
it. And there-are also thin small-membranes, by
 quas ista tria connectuntur inter se,
which these three (viscera) are-connected among themselves,
 que junguntur ei septo, quod
and are-joined to that inclosure (diaphragm), which
 posui supra esse transversum. Inde
I have-placed (explained) above to be transverse. Thence
 ima pars ventriculi conversa paulum in
the lowest part of the belly being-turned a little into
 dexteriores partem, coarctatur in summum
the right part, is-compressed into the highest
 intestinum. Græci vocant hanc juncturam πυλωρον
intestine. The Greeks call this juncture
 (pulōron), quoniam emittit modo portæ
the door-keeper, because it emits in the manner of a gate
 in inferiores partes ea, quæ sumus
into the inferior parts those (things), which we are
 excreturi. Ab ea jejunum intestinum
about-to-excrete. From it the fasting intestine (the
 incipit, non ita implicatum: cui
jejunum) begins, not so (very much) circumvolved: to which
 vocabulum est tale, quia continet nunquam quod
the name is such, because it contains never what
 accipit; sed protinus transmittit in inferiores
it receives; but immediately transmits (it) into the lower
 partes. Inde est tenuius intestinum, vehementer
parts. Thence it (arises) the thinner intestine, violently
 implicatum in sinus: vero singuli orbes ejus
circumvolved into folds: but the several circles of it

connectuntur cum interioribus per membranulas;
are connected with the interior (parts) by small-membranes;
 qui conversi in dexteriolem partem, et
which being-turned into the right part, and
 finiti ex regione dexteriolem coxae,
being-ended out-of the region (opposite) of the right hip,
 tamen complent magis superiores partes. Deinde
yet fill (occupy) more the upper parts. Afterwards
 id intestinum committitur cum altero crassiore
that intestine is-connected with another thicker
 transverso, quod incipiens a dextra parte,
transverse (one), which beginning from the right part,
 est pervium et longum in sinisteriolem, est
is pervious and long unto the left, it-is
 non in dexteriolem; que ideo nominatur
not (so) unto the right; and on-that-account is named
 caecum. At id, quod est pervium,
blind (the caecum). But that (part), which is pervious,
 fusum que sinuatum late, que minus nervosum
being-spread and sinuated widely, and less nerry
 quam superiora intestina, vultum huc
than the upper intestines, being-rolled (twisted) hither
 atque illuc ab utraque parte, tamen tenens
and thither from (on) each part, yet holding
 magis sinisteriores que inferiores partes,
(occupying) more the left and lower parts,
 contingit jecur atque ventriculum: deinde
touches the liver and the belly: afterwards
 jungitur cum quibusdam membranulis venientibus
it-is-joined with some small-membranes coming
 a sinistro rene; atque hinc recurvatum
from the left kidney; and hence being-curved-back
 dextra dirigitur
on-the-right it is directed (proceeds in a straight direction)
 in imo qua excernit; que
in the lowest (at the bottom) where it excretes; and
 ideo id nominatur ibi rectum
on-that-account that is-named there the straight

intestinum. Vero omentum contēgit universa
intestine (the rectum). But the omentum covers all
 hæc; læve et strictum ex
these (parts), (which is) smooth and tight out-of (on)
 inferiore parte, mollius ex superiore;
the lower part, softer (in texture) out-of (on) the upper
 cui adeps quoque innascitur; quæ
(part); to which fat also grows-on; which
 caret sensu, sicut quoque cerebrum
is-without feeling (is insensible), as also the brain
 et medulla. At singulæ venæ, albæ colore,
and the marrow. But single vessels, white in colour,
 feruntur a renibus ad vesicam:
are-borne (proceed) from the kidneys to the bladder:
 Græci vocant οὐρητῆρας (ourētēras), quod
the Greeks call them ourēteres, because
 concipiunt urinam descendentem inde destillare
they conceive the urine descending thence to drop
 per eas in vesicam. Autem vesica,
through them into the bladder. But the bladder,
 nervosa et duplex in sinu ipso,
nervy and twofold in the fold (capacious part) itself,
 plena atque carnosa cervice, jungitur per venas
full and fleshy in the neck, is-joined by veins
 cum intestino, que eo osse, quod subest
with the intestine, and that bone, which is-under
 pubi: ipsa est soluta atque liberior: posita
to the pubes: itself is loose and very-free: placed
 aliter in viris atque in feminis. Nam in
otherwise in men and (than) in women. For in
 viris est juxta rectum intestinum, inclinata
men it-is near the straight intestine (the rectum), inclined
 potius in sinistram partem; in feminis est
rather unto the left part; in women it-is
 sita super genitale earum, que
situated above the genital (privy part) of them, and
 lapsa supra, sustinetur ab vulva
having-glided (hanging) above, is-supported by the womb

ipsa. Tum in masculis, iter urinæ
itself. Then in males, the way (passage) of the urine
 spatiosius et compressius, descendit
more-spacious and more-compressed (narrower), descends
 a cervice hujus ad colem; in
from the neck of this (the bladder) to the penis; in
 feminis brevius et plenius, ostendit se
women (being) shorter and fuller, it shews itself
 super cervicem vulvæ. Autem vulva in
above the neck of the womb. But the womb in
 virginibus quidem est admōdum exigua; vero in
virgins indeed is very small; but in
 mulieribus, non multo major, quam ut
women, not by much greater, than that
 comprehendatur manu, nisi ubi sunt
it may be-contained by the hand, unless when they are
 gravidæ. Ea orsa contra mediā
heavy (pregnant). It having-commenced opposite the middle
 alvum, recta que tenuata cervice, quem
belly, with a straight and narrowed neck, which
 vocant canalem, inde convertitur paulum ad
they call a pipe, thence it is turned a little to
 dexteriores coxam; deinde progressa super
the right hip; afterwards having-proceeded over
 rectum intestinum, innectit sua latēra
the straight intestine (the rectum), it connects its sides
 iliis feminae. Autem ilia ipsa
to the ilia of the woman. But the ilia themselves
 sunt posita imo ventre
are placed in the lowest belly (at the bottom of the belly)
 inter coxas et pubem. A quibus ac
between the hips and the pubes. From which and
 pube, abdomen pervenit sursum-versus ad
the pubes, the abdomen arrives upwards to
 præcordia; ab exteriori parte inclusum
the præcordia; from (on) the exterior part inclosed
 evidenti cute; ab interiori levi
by an evident skin; from (on) the interior by a light

membrana, quæ jungitur omento; autem
membrane, which is-joined to the omentum; but
 nominatur περιτόναιος a Græcis.
it-is-named peritonaios by the Greeks.

II. 1. His adductis veluti in quendam
These (things) being-brought as-if into a certain
 conspectum, quatenus est necessarium curanti
view, as-far-as it-is necessary to (the person) treating
 scire, exsequar remedia singularum
to know, I shall-follow (proceed to) the remedies of the several
 partium laborantium, orsus a
parts labouring (being-afflicted), having-commenced from
 capite: sub quo nomine significo nunc eam partem
the head: under which name I signify now that part
 quæ tegitur capillo: nam dolor oculorum,
which is-covered with hair: for pain of the eyes,
 aurium, dentium, et si est quis similis,
of the ears, of the teeth, and if there-is any like (pain),
 erit explicandus alias. Autem est interdum
will-be to be-explained elsewhere. But there-is sometimes
 in capite acutus et pestifer morbus, quam
in the head an acute and destructive disease, which
 Græci vocant κεφαλαίαν (kephalaian): notæ cujus
the Greeks call kephalaia: the marks of which
 sunt, validus horror, resolutio nervorum, caligo
are, a strong shivering, relaxation of the nerves, dimness
 oculorum, alienatio mentis, vomitus, sic ut vox
of the eyes, alienation of the mind, vomiting, so that the voice
 supprimatur; vel cursus sanguinis ex
may-be-suppressed; or a running of blood out-of
 naribus, sic ut corpus frigescat, anima
the nostrils, so that the body may-become-cold, the spirit
 deficiat: præter hæc, intolerabilis
may-fail (fainting takes place): besides these, an insupportable
 dolor, maxime circa tempora, vel
pain, especially around the temples, or
 occipitium. Autem interdum est in
the hinder-part-of-the-head. But sometimes there-is in

capite longa imbecillitas, sed neque gravis, neque
the head long weakness, but neither heavy, nor

periculosa, per ætatem hominis: interdum
dangerous, through the age (life) of a man: sometimes

gravior dolor, sed brevis, neque tamen
(there is) a heavier pain, but short, nor yet

mortiferus; qui contrahitur vel vino, vel
fatal; which is-contracted either by wine, or

cruditate, vel frigore, vel igne, aut sole. Que
by indigestion, or by cold, or by fire, or by the sun. And

omnes hi dolores sunt modo in febre,
all these pains are now (sometimes) in (with) fever,

modo sine hac; modo in toto capite, modo in
now without this; now in the whole head, now in

parte; interdum sic, ut excrucient quoque
part; sometimes so, that they may-torment also

proximam partem oris. Præter hæc
the nearest part of the mouth (face). Besides these (kinds)

etiānum genus invenitur quod potest esse
as-yet (moreover) a kind is-found which is-able to be

longum; ubi humor inflat cutem, que ea
long; where a humour inflates the skin, and it

intumescit, et cedit prementi digito:
becomes-swollen, and yields to the pressing finger:

Græci appellant ὑδροκέφαλον (hudrokephalon). Ex
the Greeks call (it) hudrokephalos Out-of

his, id quod positum-est secundo loco,
these (kinds), that which has-been-placed in the second place,

dixi qua ratione sit curandum,
I have-said by what reason (means) it may-be to be-treated,

dum est leve, cum* persequer ea;
while it-is light, when I might-pursue (explained) those

quæ sani homines deberent facere in
(things), which healthy men might-ought to do in

imbecillitate alicujus partis. Vero quæ sint auxilia
weakness of some part. But what may-be the aids

capitis, ubi est dolor cum febre, explicum-est
of the head, when there-is pain with fever, has-been-explained

eo loco quo curatio februm
in that place in which the treatment of fevers
 exposita-est. Nunc est dicendum de
has-been-expounded. Now it-is to be-said concerning
 ceteris. Ex quibus, id quod est acutum, et id
the others. Out-of which, that which is acute, and that
 quod intenditur supra consuetudinem, que
which is-stretched (augmented) above custom, and
 id quod ex subita causa, etsi non
that which (proceeding) out-of a sudden cause, although not
 pestiferum, tamen est vehemens, habet primam curationem,
destructive, yet is violent, has the first treatment,
 qua sanguis mittatur. Sed id est
in which blood may be-sent (let). But that is
 supervacuum, nisi dolor est intolerabilis; que est
superfluous, unless the pain is insupportable; and it-is
 satius abstinere a cibo; etiam a potione, si
preferable to abstain from food; also from drink, if
 potest fieri; si potest non, bibere aquam. Si
it-is-able to be-done; if it-is-able not, to drink water. If
 dolor remanet postero die, ducere alvum,
the pain remains on the following day, to draw the belly
 evocare sternutamenta, assumere
(to use clyster), to call-forth sneezings, to take
 nihil, nisi aquam. Enim sæpe unus dies aut alter
nothing, unless water. For often one day or another
 discutit totum dolorem hac ratione;
(a second) dissipates the whole pain by this reason
 utique si origo est ex vino
(method); especially if the origin is out-of (from) wine
 vel cruditate. Vero si est parum auxilii in his,
or indigestion. But if there-is little of aid in these,
 oportet tonderi ad cutem: deinde est
it behoves to be-shorn to the skin: afterwards it-is
 considerandum, quæ causa excitarit dolorem.
to-be-considered, what cause may-have-excited the pain.
 Si calor, expedit perfundere caput multa
If heat, it-is-expedient to pour-over the head with much

frigida aqua ; imponere concavam spongiam, subinde
cold water ; to put-on a hollow sponge, occasionally
 expressam in frigida aqua ; ungere rosa
expressed (squeezed) in cold water ; to anoint with rose
 et aceto, vel potius imponere
(oil) and with vinegar, or rather to put-on
 succidam-lanam tinctam his, ve alia refrigerantia
greasy-wool dipped in these, or other refrigerant
 cataplasmata. At si frigus nocuit, oportet perfundere
cataplasms. But if cold has-hurt, it-behoves to pour-over
 caput calida aqua marina, vel certe
the head with hot water belonging-to-the-sea, or certainly
 salsa, aut in qua laurus decocta-sit : tum
salt, or in which laurel may-have-been-boiled : then
 perfricare caput vehementer ; deinde implere
to rub the head violently ; afterwards to fill
 calido oleo et velare veste.
(to drench it) with hot oil and to cover with a garment.
 Quidam etiam devinciunt id ; alii onerant
Some even bind that (it) ; others load (it)
 cervicalibus que vestimentis, et sic levantur ;
with pillows and with clothings, and thus are-relieved ;
 calida cataplasmata adjuvant alios. Ergo etiam
hot cataplasms assist others. Therefore even
 ubi causa est incognita, oportet videre,
when the cause is unknown, it behoves to see,
 refrigerantia, an calefacientia
(whether) refrigerant (things), or calefacient (things)
 leniant, et uti iis quae experimentum
may assuage, and to use with those which experience
 approbarit. At si causa discernitur
may-have-approved. But if the cause is-distinguished
 parum, perfundere caput, primum calida
little, (it is fit) to pour-over the head, first with hot
 aqua, sicut praeceptum-est supra, vel salsa,
water, as has-been-directed above, or with salt
 vel decocta ex lauro ; tum
(water), or boiled out-of (with) laurel ; then

frigida posca. Illa sunt communia
with cold posca. Those (these things) are common
 in omni vetusto dolore capitis; excitare
 (universal) in every old pain of the head; to excite
 sternutamenta, perfricare vehementer inferiores partes,
sneezings, to rub violently the lower parts,
 gargarizare iis quæ movent
to gargle with those (things) which move (promote)
 salivam, admoveere cucurbitulas temporibus et
saliva, to apply cupping-instruments to the temples and
 occipitio, deträhre sanguinem
to the-hinder-part-of-the-head, to withdraw blood
 ex naribus, subinde pervellere
out-of of the nostrils, occasionally to pluck (vellicate)
 tempora resina, et exulcerare ea,
the temples with resin, and to ulcerate those (parts),
 quæ habent male, sinapi imposito,
which have ill (are afflicted), with mustard placed-on,
 lintëolo subjecto ante, ne arrodât
a little-linen being-placed-under before, lest it may-gnaw
 vehementer; excitare ulcëra, ubi est
 (corrode) violently; to excite ulcers, where there-is
 dolor, candentibus ferramentis; sumere permodicum
pain, with hot irons; to take very-moderate
 cibum cum aqua: ubi dolor levatus-est, ire
food with water: when the pain has-been-relieved, to go
 in balnëum, ibi perfundi per caput
into a bath, there to be-poured-over through (over) the head
 multa aqua, prius calida, deinde frigida:
with much water, previously with hot, afterwards with cold:
 si dolor discussus-est ex-toto, etiã reverti ad
if the pain has-been-dissipated entirely, also to return to
 vinum; sed postëa, semper bibere aquam, antëquam
wine; but afterwards, always to drink water, before-that
 quidquam aliud. Id est dissimile genus, quod
any other (thing). That is a different kind, which
 contrahit humorem in caput. In hoc est
contracts moisture into the head. In this it-is

necessarium tonderi ad cutem; deinde imponere
necessary to be-shorn to the skin; afterwards to put-on
 sinapi, sic ut exulceret: si id profuit parum,
mustard, so that it may-ulcerate: if that has-profitd little,
 est utendum scalpello. Illa sunt
it-is to-be-used with the scalpel. Those (these things) are
 communia cum hydropicis, ut
common (general) with dropsical (cases), that (the patient)
 exerceatur, insudet, perfricetur vehementer,
may-be-exercised, may-sweat, may be-rubbed violently,
 utatur cibis que potionibus, praecipue moventibus
may use with foods and with drinks, especially moving
 urinam.

(promoting) urine.

2. Vero morbus innascitur circa faciem, quem
2. But a disease arises about the face, which
 Graeci nominant κυνικὸν σπασμὸν. Is
the Greeks name kunikon spasmon (the cynic spasm). It
 oritur fere cum acuta febre: os pervertitur
arises mostly with acute fever: the mouth is-turned-aside
 cum quodam motu; que ideo est nihil
with a certain motion; and on-that-account it-is nothing
 aliud quam distentio oris.
other (else) than distention (convulsion) of the mouth.

Crebra mutatio coloris in facie, que toto
Frequent changing of colour in the face, and in the whole
 corpore accedit; somnus est in-promtu.
body accedes; sleep is in-readiness (there is a disposi-

In hoc est optimum mittere
tion for sleep). In this (disease) it-is best to send

sanguinem: si malum finitum-est non eo,
(let) blood: if the evil has-been-ended not by that,

ducere alvum; si discussum-est
to draw the belly (to clyster): if it has-been-dissipated

ne-quidem sic, movere vomitum albo
not-even thus, to move (excite) vomiting with white

veratro. Praeter haec est necessarium vitare
hellebore. Besides these (things) it-is necessary to avoid

solem, lassitudinem, vinum. Si discussum-est non
the sun, weariness, wine. If it has-been-dissipated not
his, est utendum cursu; leni et
by these, it-is to be-used with running; with gentle and
multa frictione in eo quod læsum-est;
with much friction in that (part) which has-been-injured;
breviore sed vehementi in reliquis
with shorter but with violent (friction) in the remaining
partibus. Etiam prodest movere sternutamenta;
parts. Also it-profit to move (promote) sneezings;
radere caput; que perfundere id calida aqua,
to shave the head; and to pour-over it with hot water,
vel marina, vel certe salsa, sic ut
either with marine, or certainly with salt (water), so that
queque sulphur adjiciatur ei; post perfusionem
also brimstone may-be-added to it; after the pouring-over
iterum perfricari; manducare sinapi; que eodem
again to be-rubbed; to chew mustard; and at-the-same
tempore imponere ceratum affectis partibus
time to put-on cerate to the affected parts
oris; idem sinapi integris, donec
of the mouth; the same mustard to the sound (parts), until
arrodatur. Aptissimus cibus est ex media
it may-corrode. The fittest food is out-of the middle
materia.
material.

3. At si lingua resoluta-est, quod
But if the tongue has been relaxed (paralysed), which
interdum fit ex aliquo morbo, sic ut sermo
sometimes is-done out-of some disease, so that the speech
hominis explicetur, non oportet
of a man may-be-unfolded (be distinct), not it behoves
gargarizare ex aqua in qua vel thymum,
to gargle out-of (with) water in which either thyme,
vel hyssopum, vel nepeta decocta-sit; bibere
or hyssop, or cat-mint may have-been-boiled; to drink
aquam; perfricare vehementer caput, et os, et
water; to rub violently the head, and mouth, and

ea quæ sunt sub mento; linere
those (parts) which are under the chin; to besmear
 linguam ipsam lasere; manducare quæ sunt
the tongue itself with laser; to chew (things) which are
 acerrima, id est, sinapi, allium, cepam; luctari
most-acrid, that is, mustard, garlick, onion; to struggle
 magna vi ut verba exprimantur; exerceri
with great force that words may-be-expressed; to-be-exercised
 retento spiritu; perfundere caput sæpe frigida
with retained breath; to pour-over the head often with cold
 aqua; nonnunquam esse multam radiculam,
water; sometimes to eat much little-root (radish),
 deinde vomere.
afterwards to vomit.

4. Autem interdum humor destillat de capite
But sometimes moisture drops-down from the head
 in nares, quod est leve; interdum
into the nostrils, which is light (not important); sometimes
 in fauces, quod est pejus; interdum etiam in
into the fauces, which is worse; sometimes also into
 pulmonem, quod est pessimum. Si destillavit
the lungs, which is the worst. If it has-dropped-down
 in nares, tenuis pituita profluit per has,
into the nostrils, a slight phlegm flows-forth through these,
 caput dolet leviter, gravitas ejus sentitur
the head is-in-pain slightly, heaviness of it is-felt,
 sternutamenta sunt frequentia. Si in fauces,
sneezings are frequent. If into the fauces,
 exasperat has, movet tussiculam. Si in
it-irritates these, it moves (excites) slight-cough. If into
 pulmonem, præter sternutamenta et tussim, est
the lungs, besides the sneezings and cough, there-is
 etiam gravitas capitis, lassitudo, sitis, æstus,
also heaviness of the head, weariness, thirst, heat,
 biliosa urina. Autem gravedo est aliud malum,
bilious urine. But gravedo (heaviness), is another evil,
 quamvis distans non multum. Hæc
although being-distant (differing) not much. This

claudit nares, obtundit
shuts (obstructs) the nostrils, blunts (renders obtuse)
 vocem, movet siccā tussim: sub eadem
the voice, moves (excites) dry cough: under the same
 saliva est salsa, aures sonant, venæ in
the saliva is salt, the ears resound, the veins in
 capite moventur, urina est turbida.
the head are-moved (are agitated), the urine is troubled.
 Hippocrātes nominat omnia hæc κορυζας (koruzas):
Hippocrates names all these (things) koruzai:
 vidēo hoc nomen nunc servari apud Græcos
I see this name now to be-kept with (among) the Greeks
 in gravedine; destillationem.
in gravedo; destillation (dropping of the nose as in colds),
 appellari κατασταγµὸν. Autem hæc et
to be-called katastagnos. But these both
 consuerunt esse brevīa, et si sunt neglecta,
have-been-accustomed to be short, and if they are neglected,
 longa. Nihil est pestiferum, nisi
long. Nothing is destructive (in these cases), unless
 quod exulceravit pulmonem. Ubi sensimus
which has-ulcerated the lungs. When we have-felt
 aliquid ejusmodi, debemus protinus abstinere
any (thing) of this-sort, we ought immediately to abstain
 a sole, balneo, vino, venere: inter
from sun, from a bath, from wine, from venery: among
 quæ licet uti, nihilominus, unctione,
which (things) it-is-lawful to use, nevertheless, with anointing,
 et assueto cibo. Est utendum tantum
and with accustomed food. It-is to be-used only
 acri ambulatione, sed tecta, et
with quick walking, but covered (under cover), and
 post eam caput atque os perfricandum supra
after it the head and mouth to be-rubbed above
 quinquagies. Que fit raro, ut si
fifty-times. And it-is-done (happens) seldom, that if
 temperavimus nobis, id vitium
we-have-restrained to ourselves, that vice (malady)

levetur non bidūo, vel certe tridūo.
may-be-relieved not in-two-days, or certainly in-three-days.

Quo levato, si in destillatione, pituita
Which being-relieved, if in destillation, the phlegm

facta-est crassa vel in gravedine, nares
has-been-made thick or in gravedo, the nostrils

patent magis, est utendum
are-open more (are less obstructed), it-is to be-used

balnēo que os que caput fovendum
with a bath, both the mouth and head to be-fomented

multa aqua prius calida, post egelida:
with much water previously hot, afterwards lukewarm:

deinde vinum bibendum cum pleniore cibo.
afterwards wine (is) to be-drink with fuller food.

At si pituita est æque tenuis quarto die,
But if the phlegm is equally thin on the fourth day,

vel nares videntur æque clausæ, austerum
or the nostrils seem equally shut (obstructed), rough

Aminæum vinum est assumendum; deinde rursus aqua
Aminæan wine is to be-taken; afterwards again water

bidūo; post quæ est revertendum ad
for-two-days; after which (things) it-is to be-retained to

balnēum, et ad consuetudinem. Neque tamen
the bath, and to custom. Nor yet

expedit agere tanquam ægros illis diebus
it-is-expedient to act as-if sick on those days

ipsis, quibus aliqua sunt omittenda;
themselves in which some (things) are to be-omitted;

sed omnia cetera sunt facienda quasi sanis,
but all other (things) are to be-done as-if by healthy

præterquam si ista consuerunt
(persons), except if those (things) have-been-accustomed

sollicitare aliquem diutius, et vehementius:
to vex (afflict) some (person) longer, and more-violently:

nam quædam curiosior observatio est necessaria
for some more-careful observation is necessary

huic. Igitur, si destillavit in
to this (latter). Therefore, if it has-dropped-down into

nares vel in fauces, præter ea quæ
the nostrils or into the fauces, besides those (things) which
 retūli supra, est ambulandum multum huic
I have-related above, it-is to be-walked much to (by) him
 protinus primis diebus; inferiores partes
immediately in the first days; the lower parts (ought)
 perfricandæ vehementer; levior frictio erit
to be-rubbed violently; lighter friction will-be
 adhibenda thoraci, levior capiti; dimidia pars
to be-applied to the chest, lighter to the head; the half part
 demenda assueto cibo; ova,
(is) to be-taken-away from the accustomed food; eggs,
 amyllum que similia, quæ faciunt pituitam
amyllum, and the like (things), which make the phlegm
 crassiorem, sumenda; pugnandum contra
thicker, (are) to be-taken; (it is) to be-fought against
 siti quanta-maxima potest sustineri. Ubi
by thirst as-great-as is-able to be-supported. When
 aliquis factus-est idoneus balneo
some (person) has-been-made a proper (subject) for a bath
 per hæc, que usus-est eo, pisciculus est
by these (things), and has-used with that, little-fish is
 adjiciendus cibo, aut caro, sic tamen, ne
to be-added to the food, or flesh, so however, lest (that not)
 justus modus cibi sumatur protinus:
the just (usual) measure of food may-be-taken immediately:
 est utendum copiosius meraco vino. At si
it-is to be-used very-copiously with pure wine. But if
 destillat quoque in pulmonem, est opus multo
it drops-down also into the lungs, there-is need by-much
 magis et ambulatione, et frictione; que eadem
more both with walking, and with friction; and the same
 ratione adhibita in cibis, si illi proficiunt
reason (rule) being-applied in foods, if those prevail
 non satis, est utendum acrioribus;
not enough, it-is to be-used with more-active;
 indulgendum magis somno, que abstinendum a
(it is) to be-indulged more to sleep, and to be-abstained from

omnibus negotiis ; aliquando, sed serius, balnēum
all businesses ; sometimes, but more-late, a bath (is)
 tentandum. Autem in gravedine quiescere
to be-ried. But in gravedo (it behoves) to rest
 primo die, neque esse neque bibere, velare
on the first day, neither to eat nor to drink, to cover
 caput, circumdare fauces lana : postero
the head, to surround the fauces with wool : on-the-following
 die surgere, abstinere a potione, aut, si res
day to rise, to abstain from drinking, or, if the thing
 coegerit, assumere non ultra heminam aquae :
may-have-forced, to take not beyond a hemina of water :
 tertio die sumere non ita multum panis
on the third day to take not so (very) much of bread
 ex interiore parte, cum, piscicūlo, vel levi
out-of the inner part , with, little-fish, or with light
 carne, bibere aquam : si quis potuerit
flesh, to drink water : if any (person) may have-been-able
 non temperare sibi, quo utatur-minus
not to restrain to himself, by which he may-use-less
 pleniore victu, vomere : ubi ventum-est
with too-full food, (he ought) to vomit : when it has-been-come
 in balnēum, fovere caput et os
into the bath, (he ought) to foment the head and mouth
 multa calida aqua usque ad sudorem : tum redire
with much hot water until to sweating : then to return
 ad vinum. Post quae vix potest fieri,
to wine. After which (things) scarcely it is-able to be-made
 ut idem incommōdum maneat :
(to happen), that the same inconvenience may-remain :
 sed si manserit, erit utendum cibis,
but if it may-have-remained, it will-be to be-used with foods,
 frigidis, aridis, levibus, quam-minimo humore,
cold, dry, light, with-as-little-as-possible liquid,
 frictionibus quae exercitationibus servatis, quae sunt
frictions and exercises being-observed, which are
 necessariae in omni genere valetudinis.
necessary in every kind of health.

III. A capite transitus est ad
From the head the passage is (we must pass) to
 cervicem, quæ est obnoxia admôdum-gravibus morbis.
the neck, which is liable to very-heavy diseases.
 Neque tamen est alius morbus importunior
Nr yet is-there (any) other disease more-troublesome
 que acutior quam is, qui quodam rigore
and more-acute than that, which by a certain rigor
 nervorum, modo annectit caput scapulis,
of the nerves, sometimes binds the head to-the-shoulders,
 modo mentum pectori, modo intendit
sometimes the chin to the breast, sometimes stretches
 cervicem rectam et immobilem. Græci appellant
the neck straight and immoveable. The Greeks call
 priorem ἐπισθόρον, (opisthotōnon), insequentem
the former opisthotonos, the following (the next)
 ἐμπροσθόρον (emprosthotōnon), ultimum τέτανον (tetānon):
emprosthotonos, the last tetanos:
 quamvis quidam minus subtiliter utuntur his
although some less skilfully use with these
 nominibus indiscretis. Ea sæpe tollunt
names undistinguished. These often take-off (destroy)
 intra quartum diem: si evaserunt hunc, sunt
within the fourth day: if they have-escaped this, they are
 sine periculo. Omnia curantur eadem
without danger. All (the forms) are-treated by the same
 ratione; que id convēnit. Sed Asclepiādes
reason (plan); and that is-agreed-on. But Asclepiades
 credidit utique sanguinem esse mittendum;
has-believed especially blood to-be to-be-sent (let);
 quod quidam dixerunt utique esse vitandum,
which some have-said especially to-be to-be-avoided,
 eo, quod corpus tum maxime egeret
by this (reason), because the body then especially might-want
 calore: que is esset in sanguine. Verum hoc
with heat: and that might-be in the blood. But this
 quidem est falsum. Enim neque est natura
indeed is false. For neither is-it the nature

sanguinis, ut calēat utique; sed ex iis
of the blood, that it-may-be-hot especially; but out-of those
 quæ sunt in homīne, hic celerrīme vel
 (things) *which are in a man, this most-quickly either*
 calescit, vel refrigescit. Vero debēat
becomes-hot, or becomes-cold. But (whether) it-may-ought
 mitti necne, potest intelligi ex iis
to be-sent (let) or-not, is-able to-be-understood out-of those
 quæ præcepta-sunt de missione
 (things) *which have-been-advised concerning the sending*
 sanguinis. Autem utique castoreū datur
 (letting) *of blood. But especially castor is-given*
 recte, et cum hoc piper, vel laser: deinde est
rightly, and with this pepper, or laser: afterwards there-is
 opus humido et calido fomento: itaque plerique
need with a moist and hot fomentation: therefore most
 subinde perfundunt cervices multa
 (persons) *occasionally pour-over the necks with much*
 calida aqua. Id levat in-præsentia; sed reddit
with hot water. That relieves for-the-present; but renders
 nervos opportuniore frigori; quod utique est
the nerves more-lia ble to cold; which especially is
 vitandum. Igītur est utilius, primum perungere
to-be-avoided. Therefore it-is more-useful first to anoint
 cervicem liquido cerato: deinde admove vesicas
the neck with liquid cerate: afterwards to apply bladders
 bubulas, vel utriculos repletos calido oleo, vel
belonging-to-oxen, or bottles filled with hot oil, or
 calidum cataplasma ex farina, vel rotundum piper
a hot poultice out-of meal, or round pepper
 contusum cum ficu. Tamen est utilissimum
bruised-together with fig. Yet it-is most-useful
 fovere humido sale: quomodo quod fieret,
to foment with moist salt: how which should-be-done,
 ostendi jam. Ubi aliquid eorum
I have-shown already. When some (one) of these (things)
 factum-est, oportet admove ægrum ad
has-been-done, it-behoves to-place-near the sick (person) to

ignem, vel si est æstas, in sole; que perfricare
the fire, or if it-is summer, in the sun; and to rub
 cervicem et scapūlas, et spinam maxīme, vetēre
the neck and shoulders, and spine especially, with old
 olēo; si id est non, Syriāco, si ne-quidem
oil; if that is not (to be had), with Syrian, if not-even
 id est, quam-vetustissīma adīpe. Cum
that is (obtainable), with-as-old-as-possible fat. When
 frictio sit utilis omnibus vertēbris in
(since) friction may-be useful in all the vertebræ in
 homīne, tum præcipue iis quæ sunt in collo.
a man, then (so) especially to those which are in the neck.
 Ergo est utendum hoc remedio die, que
Therefore it-is to be-used with this remedy by day, and
 nocte, tamen quibusdam temporibus interpositis;
by night, yet some times being-interposed;
 dum intermittitur, aliquod malagma ex calefacientibus
while it-is-intermitted, some poultice out-of the calefacients
 imponendum. Vero frigus præcipue
(is) to-be-put-on. But cold especially (is)
 cavendum: que idēo debet
to-be-guarded-against: and on-that-account there will-ought
 esse continuus ignis in eo conclavi in quo æger
to-be a constant fire in that chamber in which the sick
 cubabit, que maxīme tempore antelucano,
(person) shall-lie, and chiefly in the time before-light (day),
 quo præcipue frigus intenditur. Neque erit
in which especially the cold is-augmented. Nor will-it-be
 inutile, habere caput attonsum, que madefacere id
useless, to have the head shorn, and to-make-wet that (it)
 calido irīno vel cyprino, et velare
with hot iris-oil or with cypress-oil, and to cover (it)
 pilēo superimposito; etiā nonnunquam descendere
with-a-cap placed-on; also sometimes to-descend
 totum in calidum olēum, vel in calidam aquam,
whole (entirely) into hot oil, or into hot water,
 in qua Græcum fœnum decoctum-sit,
in which Greek hay (fœnugreek) may have-been-boiled,
 g g

et tertiā parte olēi adjecta. Quoque alvus
and a third part of oil being-added. Also the belly
ducta sæpe resolvit superiores partes.
being-drawn (clystered) often relaxes the upper parts.
Vero si dolor crevit etiam vehementius,
But if the pain has-increased even more-violently,
cucurbitulæ sunt admovendæ cervicibus, sic,
cupping-instruments are to be-applied to the necks, so,
ut cutis incidatur: eādem adurenda
that the skin may-be-incised: the same (is) to be-burnt
aut ferramentis aut sinapi. Ubi
either with iron-instruments or with mustard. When
dolor levatus-est, que cervix cœpit
the pain has-been-relieved, and the neck has-begun
moveri, licet scire, morbum cedere
to-be-moved, it-is-allowed to know, the disease to yield
remediis. Sed quisquis cibus est mandendus,
to the remedies. But whatever food is to-be-masticated,
vitandus diu. Utendum sorbitionibus,
(is) to be-avoided a long-time. (It is) to be-used with gruels,
que item sorbilibus, aut mollibus ovis; aliquod jus
and also with supable, or with soft eggs; some broth (is)
assumendum. Si id processerit bene, que jam
to be-taken. If that may-have-proceeded well, and already
cervices videbuntur habere se recte ex-toto,
the necks shall-seem to have themselves rightly entirely,
erit incipiendum a pulticula, vel bene
it will-be to-be-begun from pottage, or well (very)
madida intrita. Tamen etiam panis mandendus
wet (moist) intrita. Yet even bread (is) to-be-masticated
celerius quam vinum gustandum: siquidem
more-quickly (earlier) than wine to-be-tasted: since-that
usus hujus præcipue periculosus; que
the use of this (latter is) particularly dangerous; and
idēo est differendus in longius tempus.
on-that-account is to-be-deferred unto a longer time.

IV. 1. Autem ut hoc genus morbi consuevit
But as this kind of disease has-been-accustomed

esse circa totam cervicem; sic alterum, æque
to be about the whole neck; so another, equally
 pestiferum que acutum, in faucibus. Nostri
destructive and acute, (arises) in the fauces. Our

vocant anginam: apud Græcos nomen
 (countrymen) call (it) angina: among the Greeks the name
 est prout species. Enim interdum neque rubor,
is according-as the species. For sometimes neither redness,

neque ullus tumor apparet; sed corpus est aridum,
nor any swelling appears; but the body is dry,

spiritus vix trahitur, membra
the breath scarcely (with difficulty) is-drawn, the limbs
 solvantur: vocant id *συνάγχη* (sunagchē). Interdum
are-relaxed: they call that sunagchē. Sometimes

lingua que fauces intumescunt cum rubore,
the tongue and the fauces become-swollen with redness,

vox significat nihil, oculi vertuntur,
the voice signifies (articulates) nothing, the eyes are-turned,

facies pallet, que est singultus: id vocatur
the face is-pale, and there-is hiccough: that is-called

συνάγχη. Illa sunt communia: æger
kunagchē. These (symptoms) are common: the sick

potest non devorare cibum, non
 (person) is-able not to devour (swallow) food, not

potionem, spiritus ejus intercluditur. Est levius,
drink, the breathing of him is-obstructed. It-is lighter,

ubi est tantummodo tumor et rubor, cetera
when there-is only swelling and redness, the other

sequuntur non: appellant id *παρασυνάγχη*
 (symptoms) follow not: they call that

(parasunagchē). Quidquid est, si vires
 parasunagchē. Whatever (species) it-is, if the strengths

patiuntur, sanguis est mittendus; si abundat non,
allow, blood is to be-sent (let); if it abounds not,

secundum est, ducere alvum. Quoque
 the second (aid) is, to draw the belly (to clyster). Also

cucurbitula admovetur recte sub mento,
the cupping-instrument is-applied rightly under the chin,

et circa fauces, ut evocet id quod
and about the fauces, that it-may-call-forth that which
 strangulat. Deinde est opus humidis fomentis;
suffocates. Afterwards there-is need with moist fomentations;
 nam sicca elidunt spiritum. Ergo
for dry (ones) dash (oppress) the breath. Therefore
 oportet admoveere spongiās, quæ demittuntur
it behoves to apply sponges, which are-lowered (dipped)
 subinde melius in calidum olĕum, quam in calidam
occasionally better into hot oil, than into hot
 aquam: quæ hic quoque calidus succus salis est
water: and here also hot juicc of salt is
 efficacissimus. Tum est commōdum decoquĕre
most-efficacious. Then it-is advantageous to boil
 hyssopum, vel nepĕtam, vel thymum, vel absinthĭum, vel
hyssop, or cat-mint, or thyme, or wormwood, or
 etiām furfūres, aut arīdas ficus, cum mulsa aqua, quæ
even brans, or dry figs, with honied water, and
 gargarizare ea; post hæc ungĕre palatum
to gargle with it; after these (things) to anoint the palate
 vel felle taurino, vel eo
either with gall belonging-to-a-bull, or with that
 medicamento quod est ex moris. Etiā id
medicine which is out-of mulberries. Also that
 respergitur recte polline pipĕris. Si proficitur
is-sprinkled rightly with the dust of pepper. If it-is-availed
 parum per hæc, ultĭmum est, incidĕre
little by these (things), the last (aid) is, to incise
 plagis satis altis sub maxillis ipsis
with wounds sufficiently deep under the jaws themselves
 supra collum, et in palato circa uvam,
above the neck, and in the palate around the grape (uvula),
 vel eas venas quæ sunt sub lingua; ut morbus
or those veins which are under the tongue; that the disease
 erumpat per ea vulnĕra. Quibus, si
may-burst-forth through those wounds. By which, if
 æger adjutus-fuĕrit non, licet scire
the sick (person) has-been-aided not, it-is-allowed to know

esse victum malo. Vero si morbus
 (him) *to be conquered by the-evil.* But if the disease
 levatus-est his, que jam fauces
has-been-relieved by these (things), and already the fauces
 capiunt et cibum et spiritum, recursus ad bonam
take both food and breath, the return to good
 valetudinem est facilis. Atque interdum natura quoque
health is easy. And sometimes nature also
 adiuvat, si vitium transit ex angustiore
assists, if the vice (disease) goes-over out-of a narrower
 sede in latiore: itaque rubore et tumore
seat into a broader: therefore redness and swelling
 orto in præcordiis, licet scire
having-arisen in the præcordia, it-is-allowed to know
 fauces liberari. Autem quidquid levarit
the fauces to be-freed. But whatever may-have-relieved
 eas, est incipiendum ab humidis, que maxime
them, it-is to-be-begun from (with) moist (things), and chiefly
 malsa aqua decocta: deinde molles et non
with honied water boiled: afterwards soft and not
 acres cibi sunt assumendi, donec fauces revertantur
acid foods are to be-taken, until the fauces may-return
 ad pristinum habitum. Audio vulgo, si quis
to (their) former habit. I hear commonly, if any
 edërit pullum hirundinis, non
 (person) *may-have-eaten a young-one of a swallow, (him) not*
 periclitari angina toto anno; que cum
to be-in-danger by angina in the whole year; and it
 servatum ex sale, cum is morbus
being-preserved out-of (with) salt, when that disease
 urget, comburi, que carbonem ejus contritam
oppresses, to be-burned, and the coal (ashes) of it bruised
 infriari in mulsam aquam, quæ datur
to be crumbled into honied water, which is-given
 potui, et prodesse. Cum id habëat
to (as) drink, and to profit. When (since) that may have
 idoneos auctores ex populo, neque possit
fit authors out-of (with) the people, nor may-be-able

habere quidquam periculi, quamvis legërim
to have any (thing) of danger, although I may have read (it)
 non in monumentis medicorum, tamen credidi
not in the records of physicians, yet I have believed (it)
 inserendum huic meo opëri.
to-be-inserted to this my work.

2. Est etiam malum circa fauces,
There-is also an evil (malady) around the fauces,
 quod habet apud Græcos aliud que aliud nomen,
which has with the Greeks another and another name,
 prout intendit se. Omne
according-as it has-augmented itself. Every (species)
 consistit in difficultate spirandi: sed dum hæc est
consists in difficulty of breathing: but while this is
 modica, neque ex-toto strangulat, appellatur δύσπνοια;
moderate, nor entirely suffocates, it-is-called duspnoia;
 cum est vehementior, ut æger possit
when it-is more-violent, so-that the sick (person) may-be-able
 non spirare sine sono et anhelatione, ἄσθμα:
not to breathe without sound and panting, asthma:
 cum id quoque accessit, spiritus
when that (this) also has acceded, (that) the breath
 trahatur ne nisi cervice recta, ὀρθόπνοια.
may-be-drawn not unless the neck (being) erect, orthopnoia.
 Ex quibus, id quod est primum, potest trahi
Out-of which, that which is the first, is-able to-be-drawn
 diutius: duo insequentia
(protracted) a-very-long-time: the two following
 consuerunt esse acuta. Communia
have-been-accustomed to-be acute. The common (symptoms)
 his sunt, quod propter angustias
to these are, that on-account-of the narrow-passages
 per quas spiritus evadit, edit sibilum, dolor
through which the breath goes-out, it utters a hissing, pain
 est in pectore que præcordiis, interdum etiam in
is in the breast and in the præcordia, sometimes also in
 scapulis, que is modo decedit, modo
the shoulders, and that sometimes departs, sometimes

revertitur; ad hæc tussicula accedit.
returns; to (in addition to) these slight-cough accedes.
 Est auxilium in detractio sanguinis, nisi aliquid
There-is aid in the withdrawal of blood, unless some
 prohibet. Neque est id satis, sed venter
(thing) prevents. Nor is that sufficient, but the belly
 quoque est solvendus lacte. Alvus
also is to-be-relaxed with milk. The lower-belly
 liquanda, interdum etiam ducenda;
to-be-dissolved (purged), sometimes even to be-drawn
 quibus corpus extenuatum incipit
(clystered); by which the body being-attenuated begins
 trahere spiritum commodius. Autem caput est
to draw the breath more-conveniently. But the head is
 habendum sublime in lecto: thorax est adjuvandus
to-be-had (kept) high in bed: the chest is to be-assisted
 fomentis, que calidis, aut siccis, aut etiam humidis
by fomentations, and by hot, or dry, or even moist
 cataplasmatibus; et postea vel malagma
cataplasms; and afterwards either a poultice (is)
 superimponendum, vel certe ceratum ex cyprino,
to be-put-on, or certainly cerate out-of cypress,
 vel irino unguento. Deinde mulsa aqua
or with iris ointment. Afterwards honied water (is)
 sumenda potui, cum qua vel hyssopus, vel
to be-taken to (as) drink, with which either hyssop, or
 contrita radix capparis cocta-sit. Etiam aut
bruised root of caper may-have-been-boiled. Also either
 nitrum aut album nasturtium frictum, deinde
nitre or white cress fried, afterwards
 contritum et mixtum cum melle delingitur etiam
bruised-together and mixed with honey is-licked also
 utiliter: que mel, galbanum, resina terebinthina
usefully: and honey, galbanum, resin belonging-to-turpentine
 coquuntur simul, et ubi coierunt,
are-boiled together, and when they have-coalesced,
 ex his, quod habet magnitudinem
(as much) out-of these, which has the size

fabæ, liquatur sub lingua quotidie: aut
of a bean, may-be-melted under the tongue daily: or
 sulphuris experti non ignem p. X. =,
of sulphur having-experienced not the fire p. X. =,
 abrotōni p. X. teruntur in cyātho vini, que
of southernwood p. X. are-rubbed in a glass of wine, and
 id tepefactum sorbetur. Est etiam non
that being-made-lukewarm is supped. It-is also not
 vana opinio, oportere jecur vulpinum, ubi
a vain opinion, to behove the liver belonging-to-a-fox, when
 factum-est siccum et aridum, contundi, que
it-has-been-made dry and parched, to-be-pounded, and
 polentam ex eo aspergi potioni;
the meal (powder) out-of it to be-sprinkled to the drink;
 vel pulmonem ejusdem quam-recentissimum assum, sed
or the lungs of the same as-fresh-as-possible roasted, but
 coctum sine ferro, esse edendum. Præter hæc
cooked without iron, to be to-be-eaten. Besides these
 est utendum sorbitionibus et lenibus cibis;
(things) it-is to-be-used with gruels and with mild foods;
 interdum tenui austero vino; nonnunquam vomitu.
sometimes with light rough wine; sometimes with a vomit.
 Etiam, quæcumque movent urinam, prosunt:
Also, whatever (things) move (promote) urine, profit:
 sed nihil magis quam lenta ambulatio, pœne usque ad
but nothing more than gentle walking, almost until to
 lassitudinem; multa frictio, præcipue inferiorum partium,
weariness; much friction, especially of the lower parts,
 vel in sole, vel ad ignem, et per se-ipsum, et
either in the sun, or at the fire, both by himself, and
 per alios, usque ad sudorem.
by others, until to sweating.

3. Vero exulceratio consuevit esse interdum
But ulceration has-been-accustomed to be sometimes
 in interiore parte faucium. In hac plerique
in the interior part of the fauces. In this most (persons)
 utuntur extrinsecus calidis cataplasmatis, que humidis
use outwardly with hot cataplasms, and with moist

fomentis : volunt etiam calidum vaporem recipi
fomentations : they wish also hot vapour to be-received
 ore : per quæ alii dicunt eas partes
in the mouth : by which (things) others say those parts
 fieri molliores, que opportuniore
to-be-made more-soft, and more-convenient (more disposed)
 vitio jam hærenti. Sed, si frigus potest
to the vice (disease) already adhering. But, if cold is-able
 vitari bene, illa præsidia tuta : si
to-be-avoided well, those safeguards (means are) safe : if
 est metus ejus, sunt supervacua. Autem
there is fear of it, they are superfluous (injurious). But
 utique est periculosum perfricare fauces ; enim
truly it-is dangerous to rub the fauces ; for
 exulcerat. Neque sunt utilia, quæ sunt
it ulcerates. Nor are (those things) useful, which are
 urinæ movendæ ; quia
for the urine to be-moved (apt to promote urine) ; because
 possunt, dum transeunt, extenuare pituitam
they-are-able, while they pass, to attenuate the phlegm
 quoque ibi, quam est melius suppressi.
also there, which it-is better to-be-suppressed.
 Asclepiades, bonus auctor multarum rerum, quas
Asclepiades, a good author of many things, which
 ipsi quoque secuti-sumus, ait acetum
(our)-selves also have-followed, says vinegar
 quam-acerrimum esse sorbendum ; enim
as-acrid-as-possible to-be to-be-supped ; for (he says)
 ulcera comprimi hoc sine ulla noxa. Sed
the ulcers to-be-suppressed by this without any injury. But
 id potest suppressere sanguinem ; potest non sanare
that is-able to suppress the blood ; it-is-able not to cure
 ulcera ipsa. Lycium est melius huic rei ;
the ulcers themselves. Lycium is better for this thing ;
 quod idem quoque æque probat :
which the same (Asclepiades) also equally approves :
 succus porri, vel marrubii, vel Græcæ nuces
the juice of leek, or of horehound, or Greek nuts

contritæ cum tragacantho et mixtæ cum passo, vel
bruised with tragacanth and mixed with raisin-wine, or
 semen lini contritum et mixtum cum dulci
seed of flax (linseed) bruised and mixed with sweet
 vino. Quoque exercitatio ambulandi que currendi est
wine. Also the exercise of walking and of running is
 necessaria: vehemens frictio adhibenda a
necessary: violent friction (is) to-be-applied from
 pectore toti inferiori parti. Vero
the breast (downwards) to the whole lower part. But
 cibi debent esse neque nimium acres, neque
the foods ought to be neither too-much acrid, nor
 asperi; mel, lenticula, tragus, lac, ptisana,
rough; honey, lentil, tragus, milk, barley-groat,
 pinguis caro, que præcipue porrum, et quidquid est
fat flesh, and especially leek, and whatever is
 mixtum cum hoc. Convénit esse quam-minimum
mixed with this. It-is-fit to be as-little-as-possible
 potionis. Aqua potest dari, vel pura, vel
of drink. Water is-able to-be-given, either pure, or (that)
 in qua Cotonæum malum, ve palmulæ
in which the Cotonean apple (pomegranate), or dates
 decoctæ-sunt. Quoque lenes gargarizationes: sin
have-been-boiled. Also gentle gargles: but-if
 hæ proficiunt parum, reprimentes sunt utiles.
these avail little, repressing (gargles) are useful.
 Neque est hoc genus acutum, et potest
Nor is this kind (of malady) acute, and it-is-able
 esse non longum; tamen desidërat maturam curationem,
to-be not long; yet it requires early treatment,
 ne lædat vehementer et diu.
lest it may-injure violently and a long-time.

4. Vero, tussis propter exulcerationem faucium,
But, a cough on account-of ulceration of the fauces,
 est fere molesta, quæ contrahitur
is for-the-most-part troublesome, which is-contracted
 multis modis. Itaque illis restitutis,
in many manners. Therefore those being-restored,

ipsa finitur. Tamen solet
 (the cough) *itself is-ended. Yet it-is-accustomed*
 interdum habere male quoque interdum per se;
sometimes to have ill (to afflict) also sometimes by itself;
 et vix eliditur, cum facta-est
and scarcely is-dashed-off (got rid-of), when it-has-been-made
 vetus. Ac modo est arida, modo citat
old. And sometimes it-is dry, sometimes it excites
 pituitam. Oportet bibere hyssopum quoque
phlegm. It behoves to drink hyssop on each (every)
 altëro dic; currere spiritu retento, sed minime
other day; to run the breath being-retained, but by-no-means
 in pulvere; ac uti vehementi lectione, quæ primo
in the dust; and to use with violent reading, which at-first
 impeditur a tussi, post vincit eam; tum
is-hindered by a cough, afterwards conquers it; then
 ambulare: deinde quoque exerceri per manus,
to walk: afterwards also to be-exercised by the hands,
 et perfricare pectus diu: post hæc
and to rub the breast a-long-time: after these (things)
 esse tres uncias ficus quam-pinguissimæ, incoctas super
to eat three ounces of fig as-rich-as-possible, cooked over
 prunam. Præter hæc, si est humida,
a-live-coal-fire. Besides these (things), if it-is moist,
 validæ frictiones prosunt, cum quibusdam calefacientibus,
strong frictions profit, with some calefacient
 sic, ut caput quoque perfricetur
 (ingredients), so, that the head also may-be-rubbed
 vehementer simul: item cucurbitulæ
violently at-the-same-time: also cupping-instruments
 admotæ pectori; sinapi impositum faucibus ex
applied to the breast; mustard placed-on to the fauces out-of
 exteriori parte, donec exulcëret leviter; potio
 (on) the outer part, until it may-ulcerate slightly; drink
 ex mentha, quæ Græcis nucibus et amylo; quæ
out-of mint, and Greek nuts and amylum; and
 aridus panis assumtus primo, deinde aliquis lenis
dry bread taken at-first, afterwards some gentle

cibus. At si tussis est sicca, cum ea urget
 (mild) food. But if the cough is dry, when it oppresses
 vehementissime, cyäthus austeri vini assumtus adjūvat;
 most-violently, a glass of rough wine being-taken assists;
 dum id fiat ne amplius, quam ter
 while (provided) that may-be-done not more, than thrice
 aut quater, aliquo tempore interposito: item
 or four-times, some time being-placed-between: also
 est opus devorare paulum lasëris quam-optimi;
 it-is necessary to swallow a little of laser as-good-as-possible;
 assumëre succum porri vel marrubii; delingëre
 to take the juice of leek or of horehound; to lick
 scillam; sorbere acetum ex ea, vel certe
 squill; to sip vinegar out-of it, or certainly (other)
 acre, aut duos cyäthos vini cum spica
 acrid (thing), or two glasses of wine with a clove
 contriti allii. Etiam in omni tussi perigrinatio est
 of bruised garlick. Also in every cough travelling is
 utilis, longa navigatio, maritima loca, natationes: cibus
 useful, long sailing, maritime places, swimings: food
 interdum mollis, ut malva, ut urtica; interdum acer,
 sometimes soft, as mallow, as nettle; sometimes acrid,
 ut lac coctum cum allio; sorbitiones, quibus laser
 as milk boiled with garlick; gruels, to which laser
 adjectum-sit, aut in quibus incoctum porrum
 may-have-been-added, or in which boiled leek
 tabuërit; sorbile ovum, sulphure adjecto:
 may-have-wasted away; supable egg, brimstone being-added:
 primum calida aqua potui, deinde invicem
 first hot water for drink, afterwards alternately
 aliis diebus hæc, aliis vinum.
 on other (some) days this, on others wine.

5. Aliquis potest terreri magis, cum
 Some (person) is-able to be-frightened more, when
 expuit sanguinem; sed id habet modo minus,
 he spits blood; but that has sometimes less,
 modo plus periculi. Modo exit ex
 sometimes more of danger. Sometimes it-goes-out out-of

gingivis, modo ex ore; et quidem ex
the gums, sometimes out-of the mouth; and indeed out-of
hoc interdum etiam copiose, sed sine
this (latter) sometimes also abundantly, but without
tussi, sine ulcere, sine ullo vitio gingivarum;
cough, without ulcer, without any vice (disease) of the gums;
ita ut nihil exscreetur: verum ut prorumpit
so that nothing may-be-expectorated: but as it-bursts-forth
aliquando ex naribus, sic ex ore. Atque
sometimes out-of the nostrils, so out-of the mouth. And
interdum sanguis profluit; interdum quiddam
sometimes blood flows-forth; sometimes some (thing)
simile aquæ, in qua recens caro lota-est.
like to water, in which fresh flesh has-been-washed.
Autem nonnunquam is fertur a summis
But sometimes it is-borne from the highest
faucibus, modo ea parte
(upper part of the) fauces, sometimes that part
exulcerata, modo non exulcerata; sed aut
being-ulcerated, sometimes not being-ulcerated; but either
ore alicujus venæ aperto, aut quibusdam
the mouth of some vein being-opened, or some
tuberculis natis, que sanguine erumpente ex
tubercles having-arisen, and blood bursting-forth out-of
his. Ubi quod incidit, neque potio aut cibus
these. When which has happened, neither drink or food
lædit, neque quidquam exscreatur, ut ex ulcere.
hurts, nor any (thing) is-excreated, as out-of an ulcer.
Vero aliquando, gutture et arteriis
But sometimes, the throat and arteries (trachea)
exulceratis, frequens tussis quoque extundit
being-ulcerated, frequent cough also beats-out (forces out)
sanguinem: interdum etiam solet fieri,
blood: sometimes also it-is-accustomed to-be-done,
ut feratur aut ex pulmone, aut ex
that it-may-be-borne either out-of the lungs, or out-of
pectore, aut ex latere, aut ex jecinore: sæpe
the breast, or out-of the side, or out-of the liver: often

feminae quibus sanguis per menstrua
women to whom the blood through the monthly (courses)
 respondet non, expūunt hunc. Que medici
answers (is regular) not, spit-out this. And medical
 auctores sanguinem exire, vel aliqua parte
authors(say) blood to go-forth, either some part
 exesa, vel rupta, vel ore alicujus venae
being eaten-away, or burst, or the mouth of some vein
 patefacto. Appellant primam διάβρωσιν (diabrōsin),
being-opened. They call the first diabrōsis,
 secundam ρήξιν (rēxin), tertiam ἀναστόμωσιν (anastomōsin).
the second rēxis, the third anastomōsis.
 Ultima nocet minime; prima gravissime. Ac
The last hurts least; the first most-heavily. And
 saepe evenit quidem, uti pus sequatur
often it happens indeed, that matter may-follow
 sanguinem. Autem interdum, qui suppressit
the blood. But sometimes, (he) who has-suppressed
 sanguinem ipsum, profuit satis ad valetudinem.
the blood itself, has-profited sufficiently to health.
 Sed si ulcera secuta-sunt, si pus, si est
But if ulcers have-followed, if matter, if there-is
 tussis, prout sedes ipsa est, ita
cough, according-as the seat (situation) itself is, so
 genera morborum sunt varia et periculosa. Vero
the kinds of diseases are various and dangerous. But
 si tantum sanguis fluit, remedium et finis
if only blood has-flowed, the remedy and the end
 est expeditius. Neque oportet ignorari,
is more-quick. Nor does-it-behave to be-unknown
 mediocre profluvium sanguinis esse non inutile
a moderate flux of blood to-be not useless
 eis, quibus sanguis solet fluere, aut
to those, to whom blood is-accustomed to flow, or
 quibus spina dolet, ve coxae, aut post
to whom the spine is-in-pain, or the hips, or after
 vehementem cursum, vel ambulationem: que id
violent running, or walking: and that

redditum per urinam ipsam quoque solvere
rendered (voided) by the urine itself also to loose
 lassitudinem: ac ne-quidem esse terribile
(relieve) weariness: and not-even to-be frightful
 in eo, qui decidit ex superiore
in him, who has-fallen-down out-of (from) a very-high
 loco; si tamen nihil novavit in urina
place; if however nothing has-changed in the urine
 ejus: neque vomitum ejus afferre periculum,
of him: nor a vomiting of it (blood) to bring danger,
 etiam cum repetit, si licuit ante
even when it returns, if it-has-been-allowed before
 confirmare et implere corpus: et ex-toto nullum
to strengthen and to fill-up the body: and entirely no
 nocere, qui est in robusto
(vomiting of blood) to hurt, which is in a robust
 corpore, neque nimius, neque movet
body, nor (and not) too-much, nor moves (causes)
 tussim aut calorem. Hæc pertinent ad
cough or heat. These (things) pertain to
 universum: nunc veniam ad ea loca,
the whole (genus): now I shall come to those places,
 quæ proposui. Si exit ex gingivis,
which I have-proposed. If it-goes-out out-of the gums,
 est satis manducasse portulacam. Si ex
it-is sufficient to have chewed purslane. If out-of
 ore continuisse merum-vinum eo: si id
the mouth to have-held pure-wine in it: if that
 proficit parum, acetum. Si inter hæc
profits little, vinegar. If among these (things)
 quoque erumpit graviter, quia potest consumere
also it bursts-forth heavily, because it-is-able to consume
 hominem, est commodissimum avertere
(destroy) the man, it-is most-convenient to turn-away
 impetum ejus, cucurbitula admota
the violence of it, the cupping-instrument being-applied
 occipitio, sic ut cutis quoque
to the-hinder-part-of-the-head, so that the skin also

incidatur. Si id evenit muliëri, cui
may-be-incised. If that has happened to a woman, to whom
 menstrua feruntur non, admoveere eandem
the monthly (courses) are-borne not, to apply the same
 cucurbitulam, inguinibus ejus incisis. At
cupping-instrument, the groins of her being-incised. But
 si processit ex faucibus, ve interioribus;
if it has-proceeded out-of the fauces, or the interior
 partibus, est et major metus, et major
parts, there-is both greater fear, and greater
 cura adhibenda. Sanguis est mittendus; et
care to-be-applied. Blood is to-be-sent (let); and
 si nihilominus processit ex ore, iterum
if nevertheless it-has-proceeded out-of the mouth, again
 que tertio, et quotidie aliquid paulum:
and a-third-time, and daily some little (is to be
 autem debet protinus sorbere vel
withdrawn): but he ought immediately to sip either
 acetum, vel succum plantaginis, vel porri, cum
vinegar, or juice of plantain, or of leek, with
 thure; que succida-lana ex aceto est
frankincense; and greasy-wool out-of (with) vinegar is
 imponenda extrinsecus supra id quod dolet,
to-be-put-on externally above that (part) which is-in-pain,
 et id refrigerandum subinde spongia.
and that (is) to-be-cooled occasionally by-a-sponge.
 Erasistratus deligabat quoque pluribus locis crura
Erasistratus did bind also in many places the legs
 et femora que brachia horum. Asclepiades
and thighs and arms of these (patients). Asclepiades
 proposuit id adeo non
has-proposed (declared) that so not (to be so far from)
 prodesse, etiam esse inimicum. Sed experimenta
to profit, even to be hostile. But experiments
 testantur id saepe respondere commode.
testify that often to answer (succeed) conveniently.
 Neque tamen est necesse deligari pluribus locis:
Nor yet is-it necessary to-be-bound in many places:

sed est sat infra inguina, et super talos,
but it-is enough below the groins, and above the ancles,
 que summos humeros, etiam
and the highest (upper part of the) shoulders, also
 brachia. Tum si febris urget, sorbitio est
the arms. Then if fever oppresses, gruel is
 danda, et aqua potui, in qua aliquid
to be-given, and water for drink, in which some
 ex iis, quae adstringunt alvum,
out-of those (things), which bind the belly,
 decoctum-sit: at si febris abest, vel elota
may-have-been-boiled: but if fever is-absent, either washed
 alica, vel panis ex frigida aqua, et quoque
alica, or bread out-of (dipped in) cold water, and also
 molle ovum potest dari; potui, vel idem
soft egg is-able to-be-given; for drink, either the same
 quod scriptum-est supra, vel dulce vinum, vel
which has-been-written above, or sweet wine, or
 frigida aqua. Sed erit sic bibendum, ut
cold water. But it-will-be so to be-drunk, that
 sciamus, sitim prodesse huic morbo.
we-may-know (keep in mind) thirst to profit to this disease.
 Præter hæc, quies, securitas, silentium sunt
Besides these (things), rest, security, silence are
 necessaria. Quoque caput hujus cubantis debet
necessary. Also the head of him lying-down ought
 esse sublime; que tondetur recte. Facies
to-be lofty (raised); and it-is-shorn rightly. The face
 est sæpe fovenda frigida aqua. At vinum,
is often to be-fomented with cold water. But wine,
 balneum, Venus, oleum in cibo, omnia acris,
the bath, venery, oil in the food, all acrid (things),
 item calida fomenta, calidum et inclusum conclave,
also hot fomentations, a hot and inclosed chamber,
 multa vestimenta injecta corpori, etiam friciones sunt
many clothings cast on to-the-body, also frictions are
 inimica. Ubi sanguis conquievit
hostile (injurious). When the blood has-rested (ceased)

bene, tum vero est incipiendum a brachiis
well (entirely), then truly it is to be-begun from the arms
 que cruribus; abstinendum a thorace. In
and legs; (it is) to be-abstained from the chest. In
 hoc casu est opus maritimis locis per
this case there-is need with maritime places through
 hiemem; mediterraneis per aestatem.
the winter; with midland (places) through the summer.

Stomachus subest faucibus; in quo plura
v. The stomach is-under to the fauces; in which very-many
 longa vitia consuerunt incidere.
long (chronic) vices (complaints) have-accustomed to happen.
 Nam modo ingens calor, modo inflatio, modo
For sometimes great heat, sometimes inflation, sometimes
 inflammatio, modo exulceratio afficit hunc: interdum
inflammation, sometimes ulceration affects this: sometimes
 pituita, interdum bilis oritur: que est frequentissimum
phlegm, sometimes bile arises: and (that) is a most-frequent
 malum ejus, quo resolvitur; neque aut
evil of it, by which it-is-relaxed; nor either
 afficitur magis ulla re, aut afficit corpus.
is-it-affected more by any thing, or affects the body.
 Autem ut vitia ejus sunt diversa, sic etiam
But as the vices (maladies) of it are different, so also
 remedia. Ubi exæstuat, est fovendus
the remedies. When it-is-hot, it-is to be-fomented
 subinde extrinsecus aceto cum rosa; que
occasionally externally with vinegar with rose (oil); and
 pulvis cum oleo imponendus; et ea cataplasmata,
dust with oil (is) to be-put-on; and those cataplasms,
 quæ simul et reprimunt et emolliunt.
which at-the-same-time both repress and soften.
 Gelida aqua præstanda potui, nisi quid
Cold water (is) to be-afforded for drink, unless any
 obstat. Si est inflatio, cucurbitulæ
opposes (forbids). If there-is inflation, cupping-instruments
 admotæ prosunt; neque est necesse incidere
being-applied profit; nor is-it necessary to incise

cutem: sicca et calida fomenta, sed non
the skin: dry and hot fomentations, but not

vehementissima, prosunt. Abstinētia est interponenda.
very-violent, profit. Abstinence is to be-interposed.

Potio absinthii, aut hyssopi, aut rutæ in jejuno
Drinking of wormwood, or of hyssop, or of rue in fasting
 est utilis. Primo lenis, deinde major exercitatio
is useful. At first gentle, afterwards greater exercise

est adhibenda; que maxime quæ movēat superiores
is to be-applied; and especially which may move the upper
 partes: quod genus est aptissimum in omnibus vitiis
parts: which kind is fittest in all vices

stomachi. Post exercitationem est
(complaints) of the stomach. After exercise there-is

opus unctione, frictione; quoque nonnunquam
need with unction, with friction; also sometimes

balnēo, sed rarius; interdum ductione
with a bath, but very-seldom; sometimes with the drawing
 alvi; deinde cibis calidis, neque
of the belly (clystering); afterwards with foods warm, nor

inflantibus; que eodem modo calidis
(and not) inflating; and in the same manner with hot

potionibus, primo aquæ, post, ubi inflatio
drinkings, at first of water, afterward, when the inflation

resedit, austeri vini. Quoque illud est
has subsided, of rough wine. Also that (this) is

præcipiendum in omnibus vitiis stomachi,
to be-advised in all vices (complaints) of the stomach,

ut quo modo quisque æger refecerit
that in what manner each sick (person) may have-restored

se, utatur eo sanus: nam sua
himself, he may use with that (being) healthy: for his

imbecillitas redit huic, nisi bona valetudo
weakness returns to him, unless good health

defenditur iisdem quibus reddita-est.
is-defended by the same (things) by which it was-restored.

At si est aliqua inflammatio, quam fere
But if there-is some inflammation, which for the-most-part

tumor et dolor sequitur, prima sunt quies:
swelling and pain follows, the first (remedies) are rest
et abstinētia, sulphurata lana circumdata,
and abstinence, sulphurated wool being-placed-around,
absinthium in jejunio. Si ardor urget stomachum, est
wormwood in fasting. If heat oppresses the stomach, it is
subinde fovendum aceto cum rosa:
occasionally to be-fomented with vinegar with rose (oil):
deinde quidem est utendum modicis cibis; vero
afterwards indeed it-is to be-used with moderate foods; but
(remedies) quæ simul et reprimunt et
which at-the-same-time both repress and
emolliunt imponenda extrinsecus: deinde, his
soften (are) to-be-put-on externally: afterwards, these
(things) detractis, utendum calidis
being-withdrawn, (it is) to be-used with hot
cataplasmatibus ex farina, quæ digerant
cataplasms out-of meal, which may digest (disperse)
reliquas: interdum alvus ducenda:
the remains: sometimes the belly (is) to-be-drawn (clystered):
exercitatio adhibenda, et plenior cibus. At si
exercise to be-applied, and fuller food. But if
exulceratio infestat stomachum, fere eandem
ulceration attacks the stomach, for-the-most-part the same
(things) sunt facienda quæ præcepta sunt in
are to be-done which have-been-directed in
faucibus exulceratis. Exercitatio, frictio inferiorum
the fauces being-ulcerated. Exercise, friction of the lower
partium adhibenda; lenes et glutinosi cibi
parts to be-applied; gentle (mild) and glutinous foods
adhibendi, sed citra satietatem; omnia acrida
(are) to be-applied, but on-this-side satiety; all acrid
atque acida removenda; utendum
and acid (things) to be-removed; (it is) to be-used
dulci vino, si est non febris, aut, si id inflat,
with sweet wine, if there-is not fever, or, if that inflates,
certe leni; sed neque præfrigido, neque
certainly with mild; but neither too-cold, nor

nimis-calido. Vero si stomachus impletur pituita,
too-hot. But if the stomach is-filled with phlegm,

vomitibus est necessarius, modo in jejuno, modo
a vomit is necessary, sometimes in fasting, sometimes
post cibum: exercitatio, gestatio, navigatio, frictio
after food: exercise, gestation, sailing, friction

utilis: nihil edendum, que bibendum, nisi
(is) useful: nothing (is) to be-eaten, and to be-drunk, unless

calidum; iis tantum vitatis quæ
warm; those (things) only being-avoided which

consuerunt contrahere pituitam. Est
have-been-accustomed to contract phlegm. It-is

molestius, si stomachus est vitiosus bile.
more-troublesome, if the stomach is corrupted with bile.

Autem ii qui tentantur sic, solent
But those who are tried (afflicted) thus, are-accustomed

vomere hanc, et quidem, quod est pessimum, atram,
to vomit this, and indeed, which is worst, black

quibusdam diebus interpositis. His alvus
(bile), some days being-interposed. To these the belly

ducitur recte: potiones ex absinthio
is-drawn (clystered) rightly: drinks out-of wormwood

dantur: gestatio, navigatio est necessaria; vomitus
are-given: gestation, sailing is necessary; vomiting

ex nausea, si potest fieri: cruditas
out-of (from) sea-sickness, if it-is-able to be-done: indigestion

vitanda: cibi faciles, et non
(is) to be-avoided: foods easy (to be digested), and not

alieni stomacho, austerum vinum sumendi.
foreign (unfit) for the stomach, rough wine (are) to be-taken.

Vero vulgatissimum que pessimum vitium
But the most-common and worst vice (complaint)

stomachi est resolutio, id est, cum est non
of the stomach is relaxation, that is, when it-is not

tenax cibi, que corpus
tenacious of food (does not retain food), and the body

solet desinere ali, ac sic consumi
is-accustomed to cease to be-nourished, and thus to be-wasted

tabe. Huic genēri balnēum est inutilissimū ;
by consumption. To this kind a bath is most-useless
 lectiones que exercitationes superioris partis
 (injurious) ; *readings and exercises of the upper part*
 necessariæ ; item unctiones, que frictiones. Est
 (are) *necessary ; also anointings, and frictions. It-is*
 salutare huic perfundi frigida,
salutary to this (person) to be-poured-over with cold (water),
 atque natare in eadem ; etiā subjiċere stomāchum
and to swim in the same ; also to-place-under the stomach
 ipsum canalibus ejusdem, et etiā magis id
itself to spouts of the same, and also more that (part)
 quod est a scapulis contra stomāchum ; consistere
which is from the shoulders opposite the stomach ; to stand
 in frigidis, que medicatis fontibus, quales sunt
in cold, and medicated fountains, like-as are (those)
 Cutiliarum que Sumbruinarum. Quoque frigidi cibi
of Cutilæ and of Sumbruinæ. Also cold foods
 sunt assumendi, potius qui coquuntur difficulter,
are to be-taken, rather which are-concocted difficultly,
 quam vitiantur facile. Ergo, plerique, qui
than are-corrupted easily. Therefore, most (persons), who
 possunt concoquere nihil aliud, coquunt bubulam.
are-able to concoct nothing other (else), concoct beef.
 Ex quo potest colligi, neque avem, neque
Out-of which it-is-able to be-collected, neither bird, nor
 venationem, neque piscem, debere dari, nisi
game, nor fish, to ought to be-given, unless
 durioris genēris. Frigidum vinum quidem est
of the harder kind. Cold wine indeed is
 aptissimū potui, vel certe bene calidum, meracum,
fittest for drink, or certainly well warm, pure,
 potissimū Rheticum vel Allobrogicum, ve aliud,
most-especially Rhetic or Allobrogic, or (any) other,
 quod est et austerum et conditum resina ; si id
which is both rough and seasoned with resin ; if that
 est non, quam-asperissimū, que maxime
is not (to be had), as-rough-as-possible, and especially

Signinum. Si cibus continetur non, aqua
Signine (wine). If the food is retained not, water (is)
 danda, et plenior vomitus est eliciendus, que
to be-given, and a fuller vomit is to-be elicited, and
 cibus dandus iterum; et tum cucurbitulæ
food (is) to be-given again; and then the cupping-instruments
 admovendæ duobus digitis infra stomachum,
(are) to be-applied by two fingers (distance) below the stomach,
 que sunt continendæ ibi duabus aut tribus
and are to-be-retained there by (for) two or three
 horis. Si est et vomitus et dolor simul,
hours. If there-is both vomiting and pain at-the-same-time,
 succida-lana est imponenda supra stomachum, vel
greasy-wool is to-be-put-on upon the stomach, or
 spongia ex aceto, vel cataplasma
a sponge out-of (dipped in) vinegar, or a cataplasm
 quod refrigeret: vero brachia et crura
which may-cool: but the arms and the legs (are)
 perfricanda non diu, sed vehementer, et
to-be-rubbed not a long-time, but violently, and
 calefacienda. Si est plus doloris, est
to be-made-warm. If there-is more of pain, it-is
 utendum cucurbitula quatuor digitis
to-be-used with the cupping-instrument by four fingers
 infra præcordia, et protinus panis
(distance) below the præcordia, and immediately bread
 ex frigida posca dandus: si
out-of (dipped in) cold posca (is) to be-given: if
 continuit non, post vomitum aliquid leve
it has-retained (it) not, after the vomit some (thing) light
 ex his quæ sint non aliena stomacho: si
out-of those which may-be not unfit for the stomach: if
 tenuit ne-quidem id, singuli cyathi vini,
it has-held not-even that, single glasses of wine,
 singulis horis interpositis,
single hours being-placed-between (a glass of wine every hour),
 donec stomachus consistat. Succus
until the stomach may stay (retain the food). The juice

radicūlæ est etiā valens medicamentum;
of little-root (horse-radish) is also a powerful medicine;

acīdi Punīci mali, cum pari
(the juice) of acid Punic apple (pomegranate), with a like

modo succi qui est ex dulci
manner (quantity) of the juice which is out-of the sweet

Punīco malo; etiā succo intūbi et menthæ
Punic apple; also the juice of endive and of mint

adjecto, sed hujus minīma parte,
being-added, but of this (latter) the least part,

valentiū, quibus
(is) a more-powerful (medicine), to which (ingredients)

tantundem frigīdæ aquæ miscetur quam optime
so-much of cold water is-mixed as-well-as-possible

quantum est in omnībus his: enim id prodest ad
as there-is in all these: for that profits to

comprimendum-stomāchum plus quam vinum. Autem
repressing-the-stomach more than wine. But

vomitus qui venit per se est suppressendus,
a vomiting which comes by itself is to-be-suppressed,

etsi est nausēa. Aut si cibus coacuit,
although there-is nausea. Or if the food has-become-acid,

aut computruit intus, utrumlibet quorum
or has-become-putrid within, each of which

ructus ostendit, est ejiciendus; que protinus,
the belching shows, it-is to be-ejected; and immediately,

iisdem cibus assumtis, quos posui proxime,
the same foods being-taken, which I have-placed nearest

stomāchus restituendus. Ubi præsens
(last), the stomach (is) to be-restored. When present

metus sublatus-est, est redeundum ad ea,
fear has been-withdrawn, it-is to be-retained to those

quæ præcepta-sunt supra.
(things), which have-been-advised above.

VI. Stomāchus cingitur lateribus; atque in his
The stomach is-girt by the sides; and in these

quoque vehementes dolores consueverunt esse.
also violent pains have-been-accustomed to be.

Et initium est vel ex frigore, vel
And the beginning (of them) is either out-of cold, or
 ex ictu, vel ex nimio cursu, vel ex
out-of a blow, or out-of too-much running, or out-of
 morbo: sed interdum id malum est intra
disease: but sometimes that evil is within (confined to)
 dolorem, que is solvitur modo tarde,
pain, and that is dissolved (terminated) sometimes slowly,
 modo celeriter; interdum quoque procedit ad
sometimes quickly; sometimes also it proceeds to
 perniciem, que acutus morbus oritur, qui nominatur
destruction, and an acute disease arises, which is-named
 a Græcis πλευριτικός (pleuritikos). Febris et tussis
by the Greeks pleurisy. Fever and cough
 accedit huic dolori latëris; et per hanc
accedes to this pain of the side; and by this (latter)
 pituita excreatur, si morbus est tolerabilis;
phlegm is-expectorated, if the disease is supportable
 sanguis, si gravis. Interdum etiam
(not violent); blood, if (it is) heavy. Sometimes also
 est sicca tussis, quæ emolitur nihil;
there-is dry cough, which casts-out (expectorates) nothing;
 que id est gravius primo vitio,
and that is heavier than the first vice (malady),
 tolerabilius secundo. Vero sanguis missus
more-supportable than the second. But blood being-sent
 est remedium magni et recentis doloris. At
(let) is a remedy of great and recent pain. But
 sive casus est levior sive vetustior, id auxilium
whether the case is very-light or very-old, that aid
 est vel supervacuum, vel serum; que est confugiendum
is either superfluous, or too-late; and it-is to be-fled
 ad cucurbitulas, summa
(recourse must be had) to cupping-instruments, the highest
 cute ante incisa.
skin (the surface of the skin) before (previously) being-incised.
 Etiam sinapi ex aceto imponitur recte
Also mustard out-of (with) vinegar is-put-on rightly

super pectus, donec excitet ulcēra que pustūlas ;
over the breast, until it-may-excite ulcers and pustules ;
 et tum medicamentum, quod citet
and then a medicament, which may summon (draw)
 humorem illuc. Præter hæc, oportet primum
the humor thither. Besides these (things), it-behoves first
 circumdare latus hapso sulphuratæ lanæ ;
to surround the side with a band of sulphurated wool ;
 deinde, cum inflammatio remisit se paulum,
afterwards, when the inflammation has-remitted itself a little,
 uti siccis et calidis fomentis. Ab his
to use with dry and with hot fomentations. From these
 transitus est ad malagmāta.
(things) the passage is (we must proceed) to malagmata.
 Si vetustior dolor remānet, novissime discutitur
If a very-old pain remains, lastly it-is-dissipated
 resina imposita. Utendum calidis cibis que
by resin being-put-on. (It is) to-be-used with hot foods and
 potionibus ; frigus vitandum : tamen inter hæc
drinks ; cold (is) to-be-avoided : yet among these
 est non alienum perficere extremas partes
(things) it-is not unfit to rub the extreme parts
 olēo et sulphūre. Si tussis levata-est,
with oil and with brimstone. If the cough has-been-relieved,
 uti leni lectione ; que jam et assumere acres
to use with gentle reading ; and now both to take acrid
 cibos, et meracius vinum. Quæ præcipiuntur
foods, and very-pure wine. Which (things) are-advised
 a medicis, ut tamen sine his herba
by physicians, that (although) however without these the herb
 trixago epota ex aqua adjuvet satis
germander drunk out-of (with) water may-assist sufficiently
 nostros rusticos. Hæc sunt communia in
our rustics. These (things) are common (general) in
 omni dolore latēris : est plus negotii,
every pain of the side : there-is more of business (difficulty),
 si is morbus quoque factus-est acutus.
if that disease also has-been-made (has-become) acute.

In hoc, priæter ea quæ
In this (latter case), besides those (things) which
 posita-sunt supra, hæc sunt animadvertenda : ut
have-been-placed above, these are to-be-observed : that
 cibus sit quam-maxime tenuis et lenis, quæ
the-food may-be as-much-as-possible thin and mild, and
 præcipue sorbitio, quæ ea potissimum ex
especially gruel, and that most-especially out-of
 ptisana, aut jus in quo porrus cum pullo
barley-groat, or broth in which leek with the young
 gallinacæo coctus-sit ; quæ
belonging-to-a-hen (a chicken) may-have-been-boiled ; and
 id detur non nisi quoque tertio die, tamen si
that may-be-given not unless on each third day, yet if
 licebit per vires : vero potui mulsa
it shall-be-allowed by the strengths ; but for drink honied
 aqua, in qua hyssopum, aut ruta decocta-sit.
water, in which hyssop, or rue may-have-been-boiled.
 Quibus temporibus quæ sint danda,
In what times which (things) may-be to be-given,
 apparebit ex ratione
will appear (be apparent) out-of a reason (from a calculation)
 febris vel adauctæ, vel levatæ, sic,
of the fever either being-increased, or being-relieved, so,
 ut dentur in remissione quam-maxima ;
that they-may-be-given in a remission as-great-as-possible ;
 tamen cum eo, ut sciamus fauces
yet with this (condition), that we-may-know the fauces
 non committendas esse aridas tussi ejus generis :
not to-be-allowed to be dry to a cough of that kind :
 enim sæpe, ubi est nihil quod exscreetur,
for often, when there-is nothing which may-be-expectorated,
 continuatur, et strangulat. Ob quam causam
it-is-continued, and suffocates. For which cause
 dixi etiam id genus tussis esse pejus quod
I have-said also that kind of cough to be worse which
 moveret nihil, quam quod
might-move (expectorate) nothing, than which

pituitam. Sed hic morbus ipse patitur
 (brings up) *phlegm.* But here the disease itself allows
 non sorbere vinum, ut præcepimus supra: in vicem
 not to sip wine, as we-have-advised above: in the stead
 ejus, cremor ptisanæ est sumendus.
 of it, the cream (gruel) of barley-groat is to-be-taken.
 Autem ut æger est sustinendus his
 But as the sick (person) is to-be-supported by these
 in fervore ipso morbi, sic, ubi is
 (things) in the heat itself of the disease, so, when it
 remisit se paulum, pleniora alimenta, et quoque
 has-remitted itself a little, fuller aliments, and also
 aliquid vini potest dari; dum
 some (thing) of wine is-able to be-given; while (so that)
 nihil detur quod aut refrigeret corpus,
 nothing may be-given which either may make-cold the body,
 aut aspēret fauces. Si tussis manserit
 or may-irritate the fauces. If the cough may-have-remained
 quoque in refectione, oportebit
 also in the recruiting (convalescence), it will-behave
 intermittere uno die; que postero assumere
 to intermit on one day; and on the following (day) to take
 paulo plus vini cum cibo. Atque quoque tussi
 by a little more of wine with food. And also a cough
 incipiente, tum erit non alienum sorbere cyathos
 beginning, then it-will-be not unfit to sip glasses
 vini, ut positum-est quoque supra: sed in hoc
 of wine, as has-been-placed also above: but in this
 genere valetudinis, dulce, vel certe lene
 kind of health, sweet, or certainly gentle (mild wine)
 est commodius. Si malum inveteravit, corpus
 is more-advantageous. If the evil has-grown-old, the body
 est firmandum athletico victu.
 is to-be-strengthened by athletic diet.

VII. A compagine corpōris est
 From the jointure (structure) of the body it is
 transeundum ad viscēra, et in primis
 to be-passed to the viscera, and in the first (in the first place)

veniendum ad pulmonem; ex quo vehemens
 (it is) to be-come to the lungs; out-of which a violent
 et acutus morbus oritur, quem Græci vocant
 and acute disease arises, which the Greeks call

πριπνευμονικόν (peripneumonikon). Hæc est conditio
 peripneumony. This is the condition

ejus: totus pulmo afficitur: tussis subsequitur hunc
 of it: the whole lungs is affected: cough follows this

casum ejus, trahens bilem vel pus, gravitas
 accident of it, drawing bile or matter, heaviness

præcordiorum que totius pectoris, difficultas
 of the præcordia and of the whole breast, difficulty

spiritus, magnæ febres, continûa vigilia, fastidium
 of breathing, great fevers, constant wakefulness, loathing

cibi, tabes. Id genus morbi habet plus
 of food, consumption. That kind of disease has more

periculi, quam doloris. Oportet mittere sanguinem
 of danger, than of pain. It behoves to send (let) blood,

si vires sunt satis validæ: sin minores,
 if the strengths are sufficiently strong: but-if too-little,

admovere cucurbitulas sine ferro
 to apply cupping-instruments without iron (without incision)

præcordiis. Tum si valet satis, digerere,
 to the præcordia. Then if he-is-strong enough, to digest

gestando ægrum: si
 (to disperse), by carrying-about the sick (person): if

parum, tamen dimovere intra domum.
 too-little, yet to move (him)-about within the house.

Autem dare potionem hyssopi, cum quo arida ficus
 But to give a potion of hyssop, with which dry fig

incocta-sit; aut mulsam aquam, in qua vel
 may-have-been-boiled; or honied water, in which either

hyssopum vel ruta decoctum-sit: uti frictione
 hyssop or rue may-have-been-boiled: to use with friction

in scapulis diutissime, proxime ab his in
 in the shoulders very-long, next from (after) these in

brachiis et pedibus et cruribus, leniter contra
 the arms and feet and legs, gently opposite

pulmonem; que facere id bis quotidie. Vero quod
the lungs; and to do that twice daily. But what
 pertinet ad cibum, est opus huic nec salsis,
pertains to food, there-is need to him neither with salt
 (foods), neque acribus, neque amaris, neque
(foods), nor with acrid, nor with bitter, nor
 (with those) adstringentibus alvum, sed
(with those) binding the belly, but (with those)
 paulo lenioribus. Ergo primis diebus sorbitio
by a little milder. Therefore in the first days gruel
 ptisanæ, vel alicæ, vel oryzæ, cum qua recens
of barley groat, or of alica, or of rice, with which fresh
 adeps cocta-sit, est danda: cum hac, ovum
fat may-have-been-boiled, is to-be-given: with this, egg
 sorbile, nucléi pinēi
capable-of-being-supped, kernels (nuts) belonging-to-the-pine
 ex melle, panis vel elota alicæ ex
out-of (with) honey, bread or washed alica out-of (with)
 mulsa aqua; deinde potui, non solum pura aqua,
honied water; afterwards for drink, not only pure water,
 sed etiam mulsa egelida, aut si est æstas,
but even honied (water) lukewarm, or if it-is summer,
 etiam frigida, nisi quid obstat. Autem est
even cold, unless any (thing) opposes. But it-is
 satis dare hæc quoque altero die,
sufficient to give these (things) in each(every) other day,
 morbo increscente; ubi constitit in incremento,
the disease increasing; when it has-stood in the increase,
 quantum res patitur, est abstinendum ab
as-much-as the thing allows, it-is to be-abstained from
 omnibus, præterquam egelida aqua. Si
all (things), except from lukewarm water. If
 vires desunt, sunt adjuvandæ mulsa
strengths are-wanting, they-are to-be-assisted by honied
 aqua. Que calida fomenta imposita prosunt
water. And hot fomentations being-put-on profit
 adversus dolores, vel ea quæ simul et
against the pains, or those which at-the-same-time both

reprimunt et emolliunt: bene contritus sal mixtus cum
repress and soften: well bruised salt mixed with
 cerato, impositus super pectus prodest; quia
cerate, being-put-on over the breast profits; because
 erodit cutem leviter, que evocat eo
it erodes the skin slightly, and calls-forth by that (place)
 impetum materiæ, quo pulmo vexatur.
the violence of the matter, by which the lungs is-harassed.
 Etiam aliquod malagma ex his quæ trahunt
Also some poultice out-of those (things) which draw
 materiam, est utile. Neque est alienum, dum
the matter, is useful. Nor is-it unfit, while
 morbus premit, continere ægrum clausis
the disease oppresses, to retain the sick (person) with shut
 fenestris: ubi levatus-est paulum, recipere
windows: when he-has-been-relieved a little, to receive
 parvum aërem, ter aut quater die,
(admit) a little air, thrice or four-times in-the-day,
 fenestris apertis aliquantum. Deinde in
the windows being-open some-little. Afterwards in
 refectioe abstinere a vino pluribus
the recruiting (convalescence) to abstain from wine many
 diebus; uti gestatione, frictione; adicere
days; to use with gestation, with friction; to add
 sorbitionibus et prioribus cibis, ex oleribus, porrum,
to the gruels and former foods, out-of pot-herbs, leek,
 ex carne ungulas, et summa trunculorum,
out-of flesh hoofs, and the highest (tops) of pettitoes,
 atque pisciculos, sic, ut nihil nisi molle
and little-fishes, so, that nothing unless (what is) soft
 et lene sumatur diu.
and gentle (mild) may-be-taken for-a-long-time.

VIII. Quoque morbus alterius viscëris, id est,
Also a disease of another viscus, that is,
 jecinõris, consuevit esse æque
of the liver, has-been-accustomed to be equally (likewise)
 modo longus, modo acutus: Græci
sometimes long (chronic), sometimes acute: the Greeks

vocant ἥπατιν (hēpatikon). Est vehēmens dolor
 call (it) hēpatic. There-is a violent pain
 dextra parte sub præcordiis; que idem
 in the right part under the præcordia; and the same
 pervēnit ad dextrum latus, et ad jugulum, que
 reaches to the right side, and to the throat, and
 humērum ejusdem partis: nonnunquam dextra manus
 the shoulder of the same part: sometimes the right hand
 quoque torquetur; est validus horror; ubi est
 also is tormented; there-is a strong shivering; when it is
 male, bilis evomitur: interdum singultus prope
 ill (violent), bile is-vomited: sometimes hiccough nearly
 strangulat. Et hæc quidem sunt acuti
 suffocates. And these indeed are (the signs) of the acute
 morbi. Vero longioris, ubi est
 disease. But (those) of the longer (one), when there-is
 suppuratio in jecinore; que dolor modo finitur,
 suppuration in the liver; and the pain sometimes is-ended,
 modo intenditur; præcordia sunt dura dextra
 sometimes is-augmented; the præcordia are hard in the right
 parte, et tument; est major difficultas
 part, and are-swollen; there-is greater difficulty
 spiritus post cibum; quædam resolutio
 of breathing after food; some (a sort of) relaxation
 maxillarum accedit. Ubi malum inveteravit, venter
 of the jaws accedes. When the evil has-grown-old, the belly
 et, crura que pedes intumescunt; pectus atque
 and the legs and the feet become-swollen; the breast and
 humēri, que circa utrumque jugulum
 the shoulders, and around each (side of the) throat
 extenuatur. Initio est optimum mittere
 is-attenuated. In the beginning it-is best to send (let)
 sanguinem; tum venter est solvendus, per nigrum
 blood; then the belly is to-be-relaxed by black
 veratrum, si potest non aliter: cataplasmata
 hellebore, if it-is-able not otherwise: cataplasms (are)
 imponenda extrinsecus, primum quæ reprimant,
 to-be-put-on externally, first (those) which may-repress

deinde calida, quæ diducant; quibus iris vel
afterwards hot (ones), which may-discuss; to which iris or
 absinthium recte adjicitur: post hæc, malagma. Vero
wormwood rightly is-added: after these, a malagma. But
 sorbitiones sunt dandæ, que omnes cibi
gruels are to-be-given, and all foods (must be)
 et calidi, et qui alunt non multum, et fere
both hot, and which nourish not much, and mostly
 qui quoque conveniunt dolori pulmonis; que
which also are-fit for-pain of the lungs; and
 præter eos, qui movent urinam,
besides these, (other foods) which move (promote) urine,
 que potiones efficaces ad id. Utilia in hoc morbo
and drinks efficacious to that. Useful in this disease
 sunt thymum, satureia, hyssopum, nepeta, amyllum,
are thyme, savoury, hyssop, cat-mint, amyllum,
 sesamum, baccæ lauri, flos pini, herba
sesamum, berries of laurel, flower of pine, the herb
 sanguinalis, mentha, medium ex
relating-to-blood (bloodwort), mint, the middle (pulp) out-of
 Cotonæo malo, recens et crudum jecur
the Cotonæan apple (quince), the fresh and raw liver
 columbæ: ex quibus licet esse quædam
of a pigeon: out-of which (things) it-is-allowed to eat some
 per se, adjicere quædam vel sorbitioni vel
by themselves, to add some either to gruel or
 potioni; tamen sic, ut assumantur parce.
to drink; yet so, that they may-be-taken sparingly.
 Neque est alienum devorare absinthium contritum ex
Nor is-it unfit to swallow wormwood bruised out-of
 melle et pipere, que catapotium ejus
(with) honey and pepper, and (to take) a pill of it
 quotidie. Utique est abstinendum ab omnibus frigidis:
daily. Truly it-is to be-abstained from all cold
 enim neque ulla res lædit magis jecur.
(things): for neither any thing hurts more the liver.
 Utendum frictionibus in extremis partibus:
(It is) to-be-used with frictions in the extreme parts:

Omnis labor vitandus, omnis vehementior motus:
All labour (is) to-be-avoided, all very-violent motion:
 ne-quidem spiritus est continendus [diutius. Ira,
not-even the breath is to-be-retained too-long. Anger;
 trepidatio, pondus, ictus, cursus sunt inimica. Multa
trepidation, weight, blows, running are hostile. Much
 perfusio corporis ex calida aqua prodest,
perfusion of the body out-of (with) hot water profits,
 si est hiems; tepida, si aestas: item liberalis
if it-is winter; with tepid, if (it is) summer: also liberal
 unctio, et sudor in balneo. Vero si jecur laborat
unction, and sweating in the bath. But if the liver labours
 vomica, eadem sunt
(is-afflicted) with an abscess, the same (things) are
 facienda, quæ in cæteris interioribus
to-be-done, which (are done) in other interior
 suppurationibus. Quidam etiam aperiunt contra id
suppurations. Some even open against that
 scalpello, et adurunt vomicam ipsam.
with the scalpel, and burn (cauterize) the abscess itself.
 ix. At ubi lienis affectus-est, intumescit, que
But when the spleen has-been-affected, it swells, and
 simul sinistra pars cum eo; que ea
at-the-same-time the left part (side) with it; and that
 est dura, et renititur prementi: venter
(latter) is hard, and resists to (one) pressing: the belly
 est intentus: etiam est aliquis tumor
is stretched (tense): also there-is some swelling
 cruribus: ulcëra aut sanescunt non omnino,
to the legs: the ulcers either become-healed not at-all,
 aut certe vix recipiunt cicatricem:
or certainly with-difficulty receive the scar (cicatrization):
 est dolor et quædam difficultas in intenta ambulatione
there-is pain and some difficulty in intense walking
 que cursu. Quies anget hoc vitium: itaque est
and running. Rest increases this vice: therefore there-is
 opus exercitatione et labore; tamen ratione
need with exercise and with labour; yet reason

habita, ne ista excitent
 (observation) being-held, lest those (things) may-excite
 febrem, si processerint nimium.
 fever, if they-may-have-proceeded too-much (too far).
 Uctiones, que frictiones, et sudores sunt necessarij.
 Uctions, and frictions, and sweatings are necessary.
 Omnia dulcia sunt inimica; item lac et casus :
 All sweet (things) are hostile; also milk and cheese :
 autem acida maxime conveniunt. Ergo
 but acid (things) especially are-fit. Therefore
 expedit sorbere acre acetum per se, et etiam
 it-is-expedient to sip acrid vinegar by itself, and even
 magis, quod conditum est scilla. Salsamenta
 more, (that) which has-been-seasoned withsquill. Salt-provisions
 sunt edenda, vel olæ ex dura muria; lactucæ
 are to be-eaten, or olives out-of hard brine; lettuces
 tinctæ in aceto, que intubi ex eodem, betæ ex
 dipped in vinegar, and endives out-of the same, beets out-of
 sinapi, asparagus, armoracia, pastinaca,
 (with) mustard, asparagus, horse-radish, wild-parsnip,
 ungulæ, rostra, macræ aves, venatio
 hoofs (feet), cheeks (of animals), lean birds, game
 ejusdem generis. Vero incoctum absinthium debet
 of the same kind. But boiled wormwood ought
 dari jejuno potui: at post
 to be-given (to the patient) fasting for drink: but after
 cibum aqua a fabro ferrario,
 food water from a workman relating-to-iron (from a black-
 smith's), in qua candens ferrum tinctum-sit
 in which hot iron may-have-been-dipped
 subinde: enim hæc vel præcipue coërcet
 occasionally: for this either (even) especially restrains
 lienem. Quod animadversum est in iis
 (checks) the spleen. Which has-been-perceived in those
 animalibus, quæ educta apud hos fabros habent
 animals, which being-reared at these workmen have
 exiguos lienes. Etiam tenuë, austerum vinum potest
 small spleens. Also thin, rough wine is-able

dari; que omnia in cibis et potionibus,
to be-given; and all (things) in foods and in drinks,
 quæ sunt urinæ movendæ.
which are (fit) for the urine to be moved (for promoting

urine). Que præcipue vel semen trifolii valet ad
urine). And especially either the seed of trefoil avails to
 id vel cuminum, vel apium, vel serpyllum, vel
that or cumin, or parsley, or wild-thyme, or
 cytisus, vel portulaca, vel nepeta, vel thymum, vel
cytissus, or purslane, or cat-mint, or thyme, or
 hyssopum, vel satureia: enim hæc videntur
hyssop, or savoury: for these (things) seem
 educere humorem inde commodissime. Quoque
to draw-out the humour thence most-conveniently. Also

lienis bubulus datur utiliter esui;
the spleen belonging-to-an-ox is-given useful for-eating;
 que præcipue eruca et nasturtium extenuant lienem.
and especially rocket and cress extenuate the spleen.

Quoque sunt imponenda extrinsecus, quæ
Also (remedies) are to-be-put-on externally, which
 levent.

Quod Græci vocant *μυροβάλανον*,
may-alleviate. (That) which the Greeks call murobalānon,
 fit ex unguento et palmulis: fit
is-made out-of ointment and dates: is-made

ex semine lini et nasturtii, quo vinum
out-of seed of flax and of cress, in which wine

et oleum adjicitur: fit ex viridi cupresso et
and oil is-added: is-made out-of green cypress and

arida ficu: fit ex sinapi, cui quarta pars
dry fig: is-made out-of mustard, to which a fourth part

pondëris sevi hircini a renibus
of the weight of suet belonging-to-a-goat from the kidneys

adjicitur, que teritur in sole, et protinus
is-added, and is-rubbed in the sun, and immediately

imponitur. Que cappari est aptum multis modis
is-put-on. And caper is fit in many manners

huic rei: nam et est commodum assumere
for this thing: for both it-is advantageous to take

ipsum cum cibo, et sorbere mūrīam ejus cum aceto.
it with food, and to sip the brine of it with vinegar.
 Quin etiā expēdit imponēre extrinsēcus contritam
But also it-is-expedient to put-on externally the bruised
 radicem, vel corticem ejus cum furfuribus, aut cappāri
root, or bark of it with brans, or the caper
 ipsum contritum cum melle. Quoque malagmāta
itself bruised with honey. Also malagmata
 aptantur huic rei.
are-fitted for this thing.

x. At ubi renes sunt affecti, habent
But when the kidneys are affected, they have
 male diu. Est pejus si frequens
(themselves) ill a long-time. It-is worse if frequent
 biliosus vomitus accedit. Oportet conquiescere: cubare
bilious vomiting accedes. It-behoves to rest: to lie
 molliter: solvere alvum; etiā ducere,
softly (on a soft bed): to relax the belly; even to draw
 si respondet non aliter: sæpe desiderare in
(clyster), if it answers not otherwise: often to sit in
 calida aqua: neque assumere cibum neque potionem
hot water: neither to take food nor drink
 frigidam: abstinere ab omnibus salsis, acris,
cold: to abstain from all (things) salt, acrid,
 acidis, pomis: bibere liberaliter: adjicere modo
acid, from fruits: to drink liberally: to add sometimes
 cibo, modo potioni, piper, porrum, ferulam,
to the food, sometimes to the drink, pepper, leek, ferula,
 album papaver, quæ consuerunt maxime
white poppy, which (things) have-been-accustomed mostly
 movere urinam inde. Quoque
to move (promote) the urine thence. Also (these things)
 sunt auxilio his ulceratis, si ulcēra
are for aid to these (kidneys) being ulcerated, if the ulcers
 sunt adhuc purganda: sexaginta semina cucumeris
are as-yet to-be-cleansed: sixty seeds of cucumber
 corticibus detractis, duodecim nucleī ex
the barks being-withdrawn, twelve kernels out-of

silvestri pinu, anisi quod possit
the woodland (wild) pine, of anise what may-be-able
 sumi tribus digitis, paulum croci,
to be-taken in three fingers, a little of saffron,
 contrita et divisa in duas potiones mulsi.
bruised and divided into two potions of hydromel.
 Vero si tantum dolor est levandus, triginta semina
But if only pain is to be-alleviated, thirty seeds
 ejusdem cucumēris, iidem nucléi viginti, quinque
of the same cucumber, the same kernels twenty, five
 Græcæ nuces, paululum croci, contrita et
Greeks nuts, a very-little of saffron, bruised and
 data cum lacte potui. Ac quoque quædam
given with milk for (as) a drink. And also some
 malagmata injiciuntur super recte; que
malagmata are-cast over (the part) rightly; and
 maxime ea quæ sunt humori extrahendo.
especially those which are (fit) for the humour to be-extracted
 (for extracting the humour).

XI. A visceribus est veniendum ad intestina,
From the viscera it-is to be-come to the intestines,
 quæ sunt obnoxia et acutis et longis morbis.
which are liable both to acute and to long diseases.
 Que primo mentio est facienda cholæræ,
And in the first (place) mention is to be-made of cholera,
 quia id vitium potest videri commune
because that vice (disease) is-able to-seem common
 stomachi atque intestinorum. Nam est
of the stomach and of the intestines. For there-is
 simul et dejectio et vomitus; que præter
at-the-same-time both purging and vomiting; and besides
 hæc est inflatio, intestina torquentur,
these (things) there-is inflation, the intestines are-twisted
 bilis erumpit supra que infra, primum
(griped), bile bursts-forth above and below, first
 similis aquæ, deinde ut recens caro videatur
like to water, afterwards so-that fresh flesh may-seem

lota-esse in ea, interdum alba, nonnunquam
to have-been-washed in it, sometimes white, sometimes
 nigra, vel variā. Ergo Græci nominarunt hunc
black, or various. Therefore the Greeks have-named this
 morbum eo nomīne χολέραν (cholëran). Vero præter
disease with that name cholera. But besides

ea quæ comprehensa-sunt supra, sæpe
those (signs) which have-been-comprehended above, often

etiā crura que manus contrahuntur, sitis urget,
also the legs and hands are-contracted, thirst oppresses,

anīma deficit; quibus
the spirit fails (fainting takes place); which (things)

concurrentibus, est non mirum si quis
happening-together, it-is not wonderful if any (person)

moritur subito. Neque tamen succurritur ulli
dies suddenly. Nor yet is-it-succoured to any

morbo minori momento. Ergo protinus, ubi
disease with less difficulty. Therefore immediately, when

ista cœperunt, oportet bibere
those (things) have-begun, it behoves to drink

quam-plurimum tepidæ aquæ, et vomere. Vix
as-much-as-possible of tepid water, and to vomit. Scarcely

unquam vomitus sequitur non sic; sed etiā si
ever a vomiting follows not thus; but even-if

incidit non, tamen prodest miscuisse novam
it-happens not, yet it-profits to have-mingled new

materiā corruptæ; que est pars sanitatis,
matter to the corrupt; and it-is part of health,

vomitum suppressum-esse. Si id incidit,
(for) the vomiting to have-been suppressed. If that has-happened,

protinus est abstinendum ab omni potione. Vero
immediately it-is to-be-abstained from all drink. But

si sunt tormīna, oportet fovere stomāchum
if there-are gripings, it-behoves to foment the stomach

frigidis et humidis fomentis; vel si venter
with cold and with moist fomentations; or if the belly

dolet, iisdem egelidis, sic, ut venter ipse
is-in-pain, with the same lukewarm, so, that the belly itself

juvetur mediocriter-calentibus. Quod-si et
may-be-assisted by moderately-warm (things). But-if both
 vomitus, et dejectio, et sitis vexant vehementer, et
vomiting, and purging, and thirst vex vehemently, and
 quæ vomuntur sunt adhuc subcruda,
(the matters) which are-vomited are as-yet somewhat-crude,
 est nondum maturum tempus vino: aqua, neque
it-is not-yet ripe (proper) time for wine: water, nor
 ea ipsa frigida, sed potius egelida, est
(and not) that itself cold, but rather lukewarm, is
 danda: que pulegium ex aceto est
to-be-given: and penny-royal out-of (with) vinegar is
 admovendum naribus, vel polenta aspersa vino,
to-be-applied to the nostrils, or polenta sprinkled with wine,
 vel mentha est, secundum naturam. At cum
or mint is, according-to nature. But when
 cruditas discussa-est, tum est verendum
the indigestion has-been-dispersed, then it-is to be-feared
 magis ne anima deficiat. Ergo
more lest the spirit may-fail (fainting take place.) Therefore
 tum est confugiendum ad vinum.
then it-is to-be-fled (recourse must be had) to wine.
 Oportet id esse tenue, odoratum, mixtum cum
It-behoves that to-be thin, fragrant, mixed with
 frigida aqua; vel expedit assumere quoque, polenta
cold water; or it-is-expedient to take (it) also, polenta
 adjecta, vel melle: que quoties aut stomachus
being-added, or honey: and as-often-as either the stomach
 aut venter effudit aliquid, toties
or the belly has-poured-forth some (thing), so-often
 restituere vires per hæc. Erasistratus dixit
to restore the strengths by these. Erasistratus has-said
 potionem esse-aspergendam primo tribus aut
the drink to-be-sprinkled (mixed) at-first with three or
 quinis guttis vini; deinde paulatim
with five drops of wine; afterwards by-little-and-little
 merum adjiciendum. Si is et dedit vinum ab
pure-wine to be-added. If he both gave wine from

initio, et secutus-est metum cruditatis,
the beginning, and followed (had in view) the fear of indigestion,
 fecit non sine causa: si putavit vehementem
he did (it) not without cause: if he thought a violent
 infirmitatem posse adjuvari tribus guttis,
weakness to-be-able to-be-assisted by three drops,
 erravit. At si homo est inanis, et crura
he erred. But if the man is empty (weak), and the legs
 ejus contrahuntur, potio absinthii est
of him are-contracted, a potion of wormwood is
 interponenda. Si extremæ partes
to-be-interposed (given at intervals). If the extreme parts
 corpōris frigent, sunt unguendæ calido olēo,
of the body are-cold, they-are to-be-anointed with hot oil,
 cui paulum ceræ adjectum-sit, que
to which a little of wax may-have-been-added, and
 nutriendæ calidis fomentis. Si quies facta-est
to be-nourished with hot fomentations. If rest has-been-made
 ne-quidem sub his, cucurbitūla est
not-even under these, the cupping-instrument is
 admovenda extrinsecus contra ventriculū ipsum, aut
to-be-applied externally against the belly itself, or
 sinapi superimponendum. Ubi is constitit,
mustard (is) to be-placed-over. When that has-ceased,
 oportet dormire: postero die utique
it-behoves (the patient) to sleep: on-the-following day truly
 abstinere a potione: tertio die ire in balnēum;
to abstain from drink: on the third day to go into a bath;
 paulatim reficere se cibo: somno,
by-little-and-little to restore himself with food: with sleep,
 quisquis adquiescit facile; que lassitudine et frigore
whoever rests easily; and weariness and cold
 vitata. Si febricula manet post cholēram
being avoided. If slight-fever remains after the cholera
 suppressam, est necessarium alvum duci:
being-suppressed, it-is necessary (for) the belly to-be-drawn
 tum est utendum cibis que vino.
(clystered): then it-is to-be-used with foods and with wine.

XII. Sed hic morbus quidem est et acutus, et
But this disease indeed is both acute, and
 versatur inter intestina que stomachum,
is-engaged (exists) between the intestine and the stomach,
 sic, ut possit non facile dici cujus partis
so, that it-may-be-able not easily to-be-said of what part
 potissimum sit. Vero is consistit in porta
most-especially it-may-be. But that exists in the gate
 ventriculi ipsius, et qui consuevit
(orifice) of the stomach itself, and which has-accustomed
 esse longus: nominatur κοιλιακός a Græcis.
to-be long (chronic): it-is-named koiliakos by the Greeks.
 Sub hoc venter indurescit, que est
Under this (disease) the belly becomes-hard, and there-is
 dolor ejus: alvus reddit nihil, ac
pain of it: the belly renders (voids) nothing, and
 ne-quidem transmittit spiritum: extremæ partes
not-even transmits wind: the extreme parts
 frigescent: spiritus redditur difficulter. Inter
are-cold: the breath is rendered difficultly. Among
 initia est commodissimum imponere
(during) the beginnings it-is most-advantageous to-put-on
 calida cataplasmata toti ventri, ut leniant
hot cataplasms to the whole belly, that they may-soothe
 dolorem: vomere post cibum, atque ita exinanire
the pain: to vomit after food, and thus to empty
 ventrem: deinde proximis diebus admovere
the belly: afterwards in the next days to apply
 cucurbitulas sine ferro
the cupping-instruments without iron (without incision)
 ventri et coxis: liquare ventrem ipsum,
to the belly and to the hips: to dissolve (relax) the belly itself,
 lacte dato, et salso vino, frigido; etiam viridibus
milk being-given, and salt wine, cold; also with green
 ficis, si tempus anni patitur; tamen sic, ne
figs, if the time of year allows; yet so, lest (that not)
 aut quis cibus, aut humor detur universus,
either any food, or liquid may-be-given the whole

(all together), *sed paulatim.* Ergo *est*
but by-little-and-little. Therefore it-is
sat sumēre binos vel ternos cyāthos per intervalla
sufficient to take two or three glasses by (at) intervals
tempōris, et cibum pro . portione ejus: que
of time, and food according-to the portion of it: and
cyāthus aquæ mixtus cyātho • lactis, et sic datus,
a glass of water mixed to a-glass of milk, and so given,
facit commōde: que inflantes et acres cibi
does (it) advantageously: and inflating and acrid foods
sunt utiliores; adēo ut contritum allium quoque
are more-useful; so that bruised garlick also
adjiciatur recte lacti. Vero tempōre procedente,
may-be-added rightly to milk. But time proceeding
est opus gestari; que
(in process of time), there-is need to-be-carried; and
maxīme navigare; perfricari ter aut quater
especially to sail; to-be-rubbed thrice or four-times
die, sic, ut nitrum adjiciatur olēo;
it the day, so, that nitre may-be-added to oil;
perfundi calīda aqua post cibum; deinde
to-be-poured-over with hot water after food; afterwards
imponēre sinapi per omnia membra, capite
to-put-on mustard through (over) all the limbs, the head
excepto, donec arrodatur et rubēat;
being-excepted, until it (they) may-be-eroded and may-be-red;
que maxīme si corpus est durum et virile: deinde
and especially if the body is hard and manly; afterwards
paulatim transītus est faciendus ad ea
by-little-and-little a transition is to-be-made to those (things)
quæ comprimunt ventrem. Caro danda assa,
which repress the belly. Flesh (is) to-be-given roasted,
valens, et quæ corrumpatur non facile: vero
strong, and which may-be-corrupted not easily: but
potūi, pluvialis-aqua decocta, sed quæ bibatur
for drink, rain-water boiled, but which may-be-drunk
per binos ve ternos cyāthos. Si vitium est
by two or three glasses. If the vice (malady) is

vetus, oportet devorare laser quam-optimum ad
old, it behoves to swallow laser as-good-as-possible to
 magnitudinem pipëris : quoque altëro die
the size of a pepper (corn) : on each other day
 bibëre vinum vel aquam : interdum, cibo
to drink wine or water : sometimes, food
 interposito, sorbere singülos cyäthos vini :
being-placed-between, to sip single glasses of wine :
 infundëre egelidam pluviatilem-aquam ex inferiore
to pour-in lukewarm rain-water out-of (in) the lower
 parte, que maxime, si dolor remānet in imis
part, and especially, if pain remains in the lowest
 partibus.
parts.

XIII. Vero duo morbi consistunt inter intestina
But two diseases exist among the intestines
 ipsa ; alter quorum est in tenuiore,
themselves ; the other (one) of which is in the thinner,
 alter in pleniore. Prior est acutus :
the other in the fuller (intestine). The former is acute :
 insëquens potest esse longus. Diöcles
the following (latter) is-able to-be long. Diocles
 Carystius nominavit morbum tenuioris intestini
the Carystian named the disease of the thinner intestine
 χόρδαψον (chordapson), plenioris ειλέον (eilëon). Nunc
chordapsos, of the fuller eilëos. Now
 vidëo illum priorem nominari a plerisque ειλέον
I see that former to-be-named by most (persons)
 (eilëon), hunc κολικόν (kolikon). Sed prior
eilëos, this (latter) kolikos. But the former
 movet dolorem modo supra umbilicum,
moves (causes) pain sometimes above the navel,
 modo sub umbilico. Inflammatio fit
sometimes under the navel. Inflammation is-made (happens)
 in alterütro loco : nec alvus, nec spiritus
in either place : neither the belly, nor air
 transmittitur infra : si superior pars
is-transmitted (passed) below : if the upper part

affecta-est, cibus, si inferior, stercus redditur
has-been-affected, food, if the lower, excrement is-rendered
 per os; si utrumlibet est vetus.
 (voided) *by the mouth; if either (the malady) is old.*

Biliosus vomitus, mali odoris, aut varius, aut
Bilious vomiting, of bad odour, or various-coloured, or
 niger, adjicit periculo. Remedium est, mittere
black, adds to the danger. The remedy is, to send (let)

sanguinem; vel admove cucurbitulas pluribus
blood; or to apply cupping-instruments in many
 locis, cute incisa non ubique: enim id
places, the skin being-incised not every-where: for that
 est satis duobus aut tribus locis: est abunde
is sufficient in two or three places: it-is abundantly

 evocare spiritum ex cetēris.
 (enough) *to call-forth the air out-of the other (places).*

Tum oportet animadvertēre, quo loco malum
Then it behoves to observe, in what place the evil
 sit: enim solet tumere contra id.
may-be: for it-is-accustomed to-be-swollen against that.

Et si est supra umbilicum, ductio alvi
And if it-is above the navel, drawing of the belly

 est non utilis: si est infra, est optimum
 (clystering) *is not useful: if it-is below, it-is best*

ducere alvum, ut placuit Erasistrato;
to draw the belly (to clyster), as it-has-pleased to Erasistratus;

et sæpe id est satis auxilii. Autem ducitur
and often that is enough of aid. But it-is-drawn

 percolato cremore ptisānæ, cum
 (clystered) *by the strained cream of barley-groat, with*
 olēo et melle, sic, ut nihil præterea adjiciatur.
oil and honey, so, that nothing besides may-be-added.

Si nihil tumet, oportet imponere duas manus
If nothing is-swollen, it behoves to put-on the two hands

supra summum ventrem, que paulatim
upon the highest (top of) the belly, and by-little-and-little
 deducere: enim locus mali
to draw (them) down: for the place (situation) of the evil

inveniatur, qui est necesse renitatur;
will-be found, which it-is necessary may resist (which must
 et ex eo potērit
 necessarily resist); and out-of (from) that it will-be-able
 deliberari, alvus sit ducenda,
to be-deliberated, (whether) the belly may-be to be-drawn,
 necne. Illa sunt communia: admovere
or-not. These are common (general remedies): to apply
 calida cataplasmata, que imponere ea a mammis
hot cataplasms, and to-put-on those from the breasts
 usque ad inguina et spinam, ac sæpe mutare:
until to the groins and spine, and often to change (them):
 perfricare brachia que crura; demittere totum hominem
to rub the arms and legs; to lower the whole man
 in calidum olēum: si dolor quiescit non, etiam
into hot oil: if the pain becomes-at-rest not, also
 dare in alvum ex inferiore parte
to give (inject) into the belly out-of (from) the lower part
 tres aut quatuor cyathos calidi olēi. Ubi per hæc
three or four glasses of hot oil. When by these
 consecuti-sumus, ut spiritus jam transmittatur ex
we-have-attained, that the air now may-be-transmitted out-of
 inferiore parte, offerre potūi non multum
the lower part, to offer for drink not much (a little)
 tepidum mulsum: nam ante est
lukewarm hydromel: for before (previously) it-is
 vitandum magna cura, ne bibat quid.
to-be-avoided with great care, lest he may-drink any (thing).
 Si id cessit commode, adjicere
If that has-yielded (turned out) advantageously, to add
 sorbitionem. Ubi dolor et febricula
gruel. When the pain and slight-fever
 quierunt, tum demum uti pleniore cibo;
have-become-at-rest, then at-length to use with fuller food;
 sed neque inflante, neque duro, neque valido,
but neither with inflating nor with hard, nor with strong
 ne intestina adhuc imbecilla
(food), lest the intestines (being) as-yet weak

lædantur. Vero potui nihil, præterquam puram
may-be-injured. But for drink nothing, except pure
 aquam. Nam sive quid est vinolentum sive
water. For whether any (thing) is vinous or
 acidum, id est alienum huic morbo. Ac postea
acid, that is unfit for this disease. And afterwards
 quoque oportet vitare balneum, ambulationem,
also it behoves to avoid a bath, walking,
 gestationem, que ceteros motus corporis. Nam id
gestion, and other movements of the body. For that
 malum consuevit redire facile; et sive cum
evil has-been-accustomed to return easily; and whether when
 frigus subit, sive aliqua jactatio, nisi intestinis
cold occurs, or some agitation, unless the intestines
 jam confirmatis bene, revertitur.
already being-established well, it returns.

XIV. Autem is morbus, qui est in pleniore intestino,
But that disease, which is in the fuller intestine,
 est maxime in ea parte quam proposui
is chiefly in that part which I have-placed-before (before
 esse cæcam. Vehemens inflatio fit,
stated) to be blind (the cæcum). Violent inflation is-made
 vehementes dolores, magis dextra parte:
(happens), violent pains, more in the right part:
 intestinum, quod videtur verti, prope elidit
the intestine, which seems to-be-turned, nearly dashes-out
 spiritum. Oritur in plerisque post
(strangles) the breathing. It-arises in most (cases) after
 frigora que cruditates, deinde quiescit; et
colds and indigestions, afterwards it-becomes-at-rest; and
 per ætatem sæpe repitens cruciat sic, ut
through the age (life) often returning it torments so, that
 demat nihil spatium vitæ. Ubi
it-may-take-away nothing from the space of life. When
 is dolor cæpit, oportet admoveere sicca et calida
that pain has-begun, it-behoves to apply dry and hot

fomenta; sed primo lenta, deinde validiora;
fomentations; but at-first gentle, afterwards stronger (ones);
 que simul frictione evocare materiam ad
and at-the-same-time by friction to call-forth the matter to
 extremas partes, id est, crura que brachia: si
the extreme parts, that is, the legs and the arms: if
 discussus-est non, defigere cucurbitulas
it-has-been-dissipated not, to-fix cupping-instruments
 sine ferro, qua dolet.
without iron (without incision), in what (part) it pains.
 Est etiam medicamentum comparatum causa
There is also a medicine prepared for-the-sake
 ejus rei, quod nominatur $\kappa\omicron\lambda\iota\kappa\omicron\nu$. Cassius gloriabatur
of that thing, which is-named kolikon. Cassius did-boast
 se reperisse id. Prodest magis datum
himself to have-found-out that. It profits more being-given
 potui; sed quoque impositum extrinsecus, levat
for drink; but also being-put-on externally, it relieves
 dolorem, digerendo spiritum. Vero neque cibus neque
the pain, by dispersing the wind. But neither food nor
 potio assumitur recte, nisi tormento
drink is-taken rightly, unless the torment (pain)
 finito. Dictum-est jam mihi quo
being-ended. It-has-been-said already to (by) me with what
 victu sit utendum iis qui tentantur
diet it-may-be to be-used to (by) those who are tried
 hoc genere. [Confectio medicamenti,
(afflicted) by this kind. [The composition of the medicine,
 quod nominatur $\kappa\omicron\lambda\iota\kappa\omicron\nu$, constat ex his.
which is named kolikon, consists out-of these (things).
 Costi, anisi, castorei, singulorum p. \mathfrak{X} . III.
Of costum, of anise, of castoreum, of each p. \mathfrak{X} . III.
 petroselini p. den. III. longi et rotundi pipëris,
of parsley p. den. III. of long and of round pepper,
 singulorum p. \mathfrak{X} . II. lacrimæ papaveris, rotundi junci,
of each p. \mathfrak{X} . II. of tear of poppy, of round bullrush,

myrrhæ, nardi, singulorum p. X. vi. quæ excipiuntur
of myrrh, of nard, of each p. X. VI. which are received

melle. Autem id potest et
 (incorporated) *in honey. But that is-able both*
 devorari et sumi ex calida aqua].
to-be-swallowed, and to-be-taken out-of (with) hot water.]

xv. Proxima his inter mala
Next to these among the evils (maladies)

intestinorum tormina consueverunt
of the intestines twistings (gripings) have-been-accustomed
 esse: vocatur Græce δυσεντερία (dysenteria).
to be: it-is-called Greekly (in Greek) dysentery.

Intestina exulcerantur intus: cruor manat ex
The intestines are-ulcerated within: gore flows out-of
 his; que is excernitur modo cum aliquo stercore
these; and that is-excreted sometimes with some dung

semper liquido, modo cum quibusdam
 (fæcal matter) *always liquid, sometimes with some*

quasi mucosis; interdum quædam carnosa
as-if slimy (mucous matters); sometimes some fleshy

descendunt simul: est frequens
 (substances) *descend together: there-is a frequent*

cupiditas deijciendi, que dolor in
desire of throwing-off (going to stool), and pain in

ano: cum eodem dolore aliquid exiguum emittitur;
the anus: with the same pain some little is-emitted;

atque tormentum intenditur quoque eo; que id
and the torment is-augmented also by that; and that

levatur post aliquod tempus; que est exigua requies:
is-relieved after some time; and there-is a little rest:

somnus interpellatur; febricula oritur; que longo
sleep is-interrupted; slight-fever arises; and in a long

tempore, id malum, cum inveteravit, aut
time, that evil (malady), when it-has-grown-old, either

tollit hominem, aut etiamsi finitur,
takes-away (destroys) the man, or even-if it-is-ended,

excruciat. Oportet in-primis conquiescere;
torments. It-behoves in-the-first-place to rest;

siquidem omnis agitatio exulcerat: deinde jejunum
since-that all agitation ulcerates: afterwards fasting
 sorbere cyathum vini, cui contrita radix
to sip a glass of wine, to which bruised root
 quinquefolii adjecta-sit: imponere cataplasmata,
of cinquefoil may-have-been-added: to put-on cataplasms,
 quæ reprimunt, super ventrem; quod expedit
which repress, over the belly; which is-expedient
 non in superioribus morbis ventris; que
not in the above diseases of the belly; and
 quoties desidit, subluere calida aqua,
as-often-as he-goes to-stool, to wash with warm water,
 in qua verbenæ decoctæ-sint; edisse
in which vervains may-have-been-boiled; to-have-eaten
 portulacam, vel coctam vel ex dura muria;
purslane, either boiled or out-of hard brine;
 cibos que eas potiones quæ adstringunt
(to take those) foods and those drinks which bind
 alvum. Si morbus est vetustior, infundere
the belly. If the disease is very-old, to pour-in
 ex inferioribus partibus vel tepidum
out-of (from) the lower parts either lukewarm
 cremorem ptisanæ, vel lac, vel liquatam
cream of barley-groat, or milk, or melted
 adipem, vel medullam cervinam, vel olëum,
fat, or marrow belonging-to-deer, or oil,
 vel butyrum cum rosa, vel crudum album
or butter with rose (oil), or raw white
 ex ovis cum eadem, vel aquam, in qua
out-of eggs with the same, or water, in which
 semen-lini decoctum-sit; vel, si somnus
linseed may-have-been-boiled; or, if sleep
 accedit non, vitellos cum aqua, in qua
accedes not, yolks-of-eggs with water, in which
 folia floris rosæ cocta-sint.
leaves of the flower of rose may-have-been-boiled.

Enim hæc levant dolorem, et efficiunt
For these (things) relieve the pain, and render
 ulcëra mitiora, que sunt maxime utilis, si
the ulcers milder, and they-are especially useful, if
 fastidium cibi quoque secutum-est. Themison
loathing of food also has-followed. Themison
 prodidit memoriæ utendum sic
has-handed-down to memory (that it is) to be-used thus
 dura muria quam-asperriima. Vero cibi debent
with hard brine as-rough-as-possible. But the foods ought
 esse qui adstringant leniter ventrem. At ea
to-be (those) which may-bind gently the belly. But those
 quæ movent urinam prosunt, si
(things) which move (promote) urine profit, if
 consecuta-sunt id, avertendo humorem in
they-have-attained that, by-turning-away the humour into
 aliam partem; si consecuta-sunt non, augent
another part; if they-have-attained (it) not, they-increase
 noxam; itaque sunt non adhibenda, nisi in
the mischief; therefore they-are not to-be-applied, unless in
 quibus consuerunt facere id promte.
whom they-have-been-accustomed to-do that readily.
 Pura calida aqua debet dari potui, si est
Pure warm water ought to be-given for drink, if there-is
 febricula, vel ea, quæ quoque ipsa adstringat:
slight-fever, or that (water), which also itself may-bind:
 si est non, leve, austerum vinum. Si alia
if it-is not (to be had), light, rough wine. If the other
 remedia juverunt nihil pluribus diebus, que
remedies have-assisted nothing in many days, and
 jam vitium est vetus, potio aquæ bene
already the vice (malady) is old, drink of water well
 frigidaë assumpta adstringit ulcëra, et facit
(very) cold being-taken binds the ulcers, and makes
 initium bonæ valetudinis. Sed ubi venter
a beginning of good health. But when the belly
 suppressus-est, protinus est revertendum ad
has-been-suppressed, immediately it-is to-be-retained to

calidam potionem. Autem interdum etiam putris sanies,
warm drink. But sometimes also putrid sanies,
 que pessimi odoris solet descendere: purus
and of-very-bad odour is-accustomed to descend: pure
 sanguis profluere. Si est superius vitium,
blood (sometimes) to flow. If there-is the former vice,
 alvus debet duci mulsa aqua;
the belly ought to be-drawn (clystered) with honied water;
 tum deinde eadem infundi quæ
then afterwards the same (things) to be-poured-in which
 comprehensa-sunt supra. Que gleba
have-been-comprehended above. And the clod (substance)
 minii contrita cum hemina salis est etiam
of vermilion bruised-together with a hemina of salt is also
 valens adversus cancrem intestinorum, si aqua
powerful against ulcer of the intestines, if water
 mixta his datur in alvum. At si
mixed with these is-given (injected) into the belly. But if
 sanguis profluit, cibi que potiones debent esse
blood has-flowed, the foods and drinks ought to be
 quæ adstringant.
which may-bind.

XVI. Interdum lævitas intestinorum oritur
Sometimes smoothness of the intestines (lientery) arises
 ex torminibus; qua possunt continere nihil,
out-of the gripings; in which they-are-able to retain nothing,
 et reddunt protinus imperfectum
and render (void) immediately imperfect (undigested)
 quidquid assumptum-est. Id interdum trahit
whatever has-been-taken. That sometimes draws (protracts)
 ægros, interdum præcipitat. In
the sick, sometimes precipitates (carries them off quickly). In
 hoc utique oportet adhibere comprimētia;
this truly it behoves to apply repressing (remedies);
 quo facilius sit vis intestinis
by which more easily there-may-be power to the intestines
 tenendi aliquid. Ergo et sinapi
of holding (retaining) some (thing). Therefore both mustard

ponatur super pectus ; que cute exulcerata
may-be-placed over the breast ; and the skin being-ulcerated,
malagma, quod evocet humorem : et
a malagma, which may-call-forth the humour : and
desidat in aqua decocta ex verbenis ;
he may-sit-down in water boiled out-of (with) vervains ;
et assumat cibos, que potiones quæ adstringunt
and he may-take foods, and drinks which bind
alvum ; et utatur frigidis perfusionibus. Tamen
the belly ; and he may-use with cold perfusions. Yet
oportet prospicere, ne, omnibus his admotis
it behoves to look-forward, lest, all these being-applied
simul, contrarium vitium oriatur per
together, the contrary vice (malady) may-arise through
immodicas inflationes. Ergo paulatim
immoderate flatulencies. Therefore by-little-and-little
intestina debebunt firmari, aliquibus
the intestines will-ought to-be-strengthened, some (things)
adjectis quotidie. Et cum in omni fluore
being-added daily. And when (since) in every flux
ventris, tum præcipue in hoc est necessarium,
of the belly, then (so) especially in this it-is necessary,
non desidere quoties libet, sed quoties
not to go-to-stool as-often-as it pleases (him), but as-often-as
est necesse ; ut hæc mora ipsa deducat intestina
it-is necessary ; that this delay itself may-lead the intestines
in consuetudinem onëris ferendi. Altërum
into the custom of the burthen to be-borne. Another
quoque, quod æque pertinet ad
(observation) also, which equally (likewise) pertains to
omnes similes affectus, est maxime servandum
all like affections, is particularly to be-kept
in hoc ; ut, cum pleræque utilia
(observed) in this ; that, when (since) most useful
sint insuavia, qualis est plantago, et
(remedies) may-be disagreeable, like-as is plantain, and
rubi, et quidquid est mixtum
blackberries, and whatever is mixed

malicorſo, ea ex his potiſſimum
with the rind-of-pomegranates, thoſe out-of theſe moſt-eſpecially
 dentur quæ æger volet maxime :
may-be-given which the ſick (perſon) ſhall-wiſh moſt :
 deinde, ſi faſtidiet omnia iſta, aliquid minus
afterwards, if he ſhall-loath all thoſe, ſome (thing) leſs
 utile, ſed magis gratum, interponatur ad
uſeful, but more agreeable, may-be-interpoſed to
 excitandum-cupiditatem cibi. Exercitationes et frictions
the exciting-the-deſire of food. Exercises and frictions
 quoque ſunt neceſſariæ huic morbo; et cum his, ſol,
also are neceſſary to this diſeaſe; and with theſe, ſun-
 ignis, balnëum, vomitus, ut viſum-eſt Hippocrati,
fire, the bath, vomiting, as has-ſeemed (fit) to Hippocrates,
 etiam evocatus albo veratro ſi
(the latter) even being-called-forth with white hellebore if
 cetëra proficient parum.
other (things) ſhall-avail little.

XVII. Autem nonnunquam lumbrici quoque occupant
But ſometimes worms alſo occupy
 alvum; que hi modo redduntur ex
the belly; and theſe ſometimes are-rendered (voided) out-of
 inferioribus partibus, modo ſœdius ore :
the lower parts, ſometimes more-foully by the mouth :
 atque interdum videmus eos latos, qui
and ſometimes we ſee them (to be) broad, which
 ſunt pejores, interdum teretes. Si ſunt lati,
are worſe, ſometimes round. If they-are broad,
 aqua debet dari potui, in qua lupinum,
water ought to-be-given for-drink, in which lupin,
 aut cortex mori, decoctus ſit; aut cui
or bark of mulberry, may-have-been-boiled; or to which
 vel contritum hyſſopum, vel acetabulum pipëris,
either bruised hyſſop, or an acetabulum of pepper,
 vel paulum ſcammoniæ adjectum ſit. Vel
or a little of ſcammony may-have-been-added. Or
 etiam pridie, cum edërit multum
also the-day-before when he may-have-eaten much

allium, vomat : que postero die
garlick, he may vomit : and on the following day
 colligat tenues radiculas Punici mali,
he may-collect thin little-roots of Punic apple (pome-
granate), as-much-as he shall (can) grasp with the hand ;
 decoquat eas contusas in tribus sextariis aquæ,
he-may-boil them bruised in three sextarii of water,
 donec tertia pars supersit ; adjiciat
until (only) a third part may-remain-over ; he may-add
 huc paulum nitri, et bibat
hither (to this) a little of nitre, and may-drink (this decoc-
tion) fasting. Afterwards three hours being-interposed,
 sumat duas potiones aut aquæ, vel sit
he may-take two potions either of water, or it may-be
 adjecta duræ muræ : tum desidat, calida
added to hard brine : then he may-go-to-stool, hot
 aqua subjecta in pelve. Vero si sunt
water being-laid-under in a basin. But if they-are
 teretes, qui maxime exercent pueros,
round, which mostly exercise (afflict) boys (children),
 et eadem possunt dari, et quædam
both the same (things) are-able to-be-given, and some
 leviora ; ut contritum semen urticæ aut
lighter (milder) ; as bruised seed of nettle or
 brassicæ, aut cumini cum aqua, vel mentha cum
of cabbage, or of cumin with water, or mint with
 eadem, vel decoctum absinthium, vel
the same, or boiled (a decoction of) wormwood, or
 hyssopum ex mulsa aqua, vel semen
hyssop out-of (with) honied water, or seed
 nasturtii contritum cum aceto. Etiam prodest et
of cress bruised with vinegar. Also it-profits both
 edisse lupinum et allium ; vel dedisse
to have-eaten lupin and garlick ; or to-have-given
 olæum subter in alvum.
(injected) oil beneath (as a clyster) into the belly.

xviii. Autem est aliud levius omnibus
But there-is another (malady) lighter than-all
proximis, de quibus dictum-est supra,
the nearest (last), concerning which it has-been-said above,
quod Græci vocant τεινισμόν (teinesmon). Id
which the Greeks call teinesmos. That
debet adnumerari neque acutis neque longis
ought to be-numbered-to neither to acute nor to long
morbis, cum ét tollatur facile;
diseases, when (since) both it may-be-taken-away easily;
neque unquam jugulet per se. In hoc æque
nor ever may destroy by itself. In this equally
atque in torminibus est frequens cupiditas
and (as) in gripings there-is frequent desire
desidendi; æque dolor ubi aliquid
of-going-to-stool; equally pain when some (thing)
excernitur. Autem similia pituitæ, que
is-excreted. But (matters) like to phlegm, and
mucis, interdum etiam leviter
to slimes (mucous matters), sometimes also slightly
subcruenta, descendunt: sed interponuntur
bloody (matters), descend: but there-are-interposed
his nonnunquam quoque recte
(mingled) to these sometimes also (matters) rightly
coacta ex cibo. Oportet desiderare
formed out-of (according to) the food. It behoves (him) to sit-down
in calida aqua; que sæpius nutrire
in hot water; and very-often to nourish (apply medica-
anum ipsum; cui plura medicamenta
ments to) the anus itself; for which very-many medicines
sunt idoneæ: butyrum cum rosa; acaciâ liquata
are proper: butter with rose (oil); acacia melted
ex aceto; id emplastrum, quod Græci
out-of (in) vinegar; that plaster, which the Greeks
vocant τετραφάρμακον, liquatum rosa; alumen
call tetrapharmakon, melted in rose (oil); alum
circumdatum lana, et ita appositum; que
surrounded with wool, and thus applied; and

eādem indita ex inferiore parte,
the same (remedies) put-in (applied) out-of the lower part,
 quæ sunt auxilia torminum; eādem
which are the aids of gripings (dysentery); the same
 verbenæ decoctæ, ut inferiores partes foveantur.
vervains boiled, that the lower parts may-be-fomented.
 Vero alternis diebus aqua, alternis leve
But on alternate days water, on alternate (days) light
 et austerum vinum est bibendum. Potio debet
and rough wine is to be-drunk. The drink ought
 esse egelida et propior frigidæ; ratio
to-be lukewarm and nearer to cold; the reason (rule)
 victus talis qualem præcepimus supra ad
of diet such as we have-advised above to
 tormina.
gripings (dysentery.)

XIX. Etiam dejectio est levior,
Also purging (diarrhœa) is a lighter (complaint),
 dum recens, ubi et alvus
while (it is) recent, where (in which) both the belly (is)
 liquida, et fertur sæpius quam
liquid (relaxed), and (a motion) is-borne more-often than
 ex-consuetudine: atque interdum dolor est
according-to-custom: and sometimes the pain is
 tolerabilis, interdum gravissimus; que id est
supportable, sometimes very-heavy; and that (last) is
 pejus. Sed alvum fluere uno
worse. But (for) the belly to flow (be relaxed) in (for) one
 die sæpe est pro valetudine; atque
day often is for health (conducive to health); and
 etiam pluribus, dum febris
even in (for) many (days), while (so that) fever
 absit, et id conquiescat intra septimum
may-be-absent, and that may-be-at-rest within the seventh
 diem. Enim corpus purgatur, et quod erat
day. For the body is-purified, and what was
 læsuram intus, effunditur utiliter. Verum
about-to-injure within, is-poured-out advantageously. But

spatium est periculosum: enim interdum excitat
a space (duration) is dangerous: for sometimes it excites
 tormina ac febriculas, que consumit
gripings (dysentery) and slight-fevers, and consumes
 vires. Primo die est satis quiescere;
the strengths. In the-first day it is enough to rest;
 neque prohibere impetum ventris. Si
nor to hinder the violence (flux) of the belly. If
 desiit per se uti balneo, capere paulum
it-has-ceased by itself to use with a-bath, to take a little
 cibi: si mansit, abstinere non solum a cibo,
of food: if it has-remained, to abstain not only from food,
 sed etiam a potione. Postero die, si alvus
but also from drink. On-the-following day, if the belly
 est nihilominus liquanda, æque conquiescere;
is nevertheless to-be-dissolved (purged), equally to-rest;
 sumere paulum adstringentis cibi. Tertio die ire
to take a little of binding food. On-the-third day to-go
 in balneum: perfricare vehementer omnia præter
into a bath: to rub violently all (parts) except
 ventrem: admove lumbos que scapulas ad
the belly: to-move-near the loins and shoulders to
 ignem: uti cibis, sed contrahentibus
the fire: to use with foods, but (those) contracting
 ventrem; vino, non multo meraco. Si fluct
the belly; with wine, not much pure. If it-shall-flow
 quoque postero die, edisse
(be loose) also on the following day, to have-eaten
 plus, sed vomere etiam. Ex-toto niti contra
more, but to vomit also. Entirely to strive against (it)
 siti, fame, vomitu, donec conquiescat.
by thirst, by hunger, by vomiting, until it-may-be-at-rest.
 Enim potest vix fieri, ut post
For it-is-able scarcely to be-done (happen), that after
 hanc animadversionem, alvus contrahatur non.
this observation, the belly may-be-contracted not.
 Est alia via, suppressere ubi velis:
There-is another way, to suppress (it) when thou-mayest-wish:

cœnare, deinde vomere: postero die
to sup, afterwards to vomit: on the following day
 conquiescere in lecto; ungi vespere, sed
to rest in bed; to-be-anointed in the evening, but
 leniter: deinde sumere circa selibram panis
gently: afterwards to take about half-a-pound of bread
 ex mero Aminæo vino; tum aliquid
out-of (with) pure Aminæan wine; then some (thing)
 assum, que maxime avem; et postea bibere
roasted, and particularly bird; and afterwards to drink
 idem vinum mixtum pluviali-aqua: que facere
the same wine mixed with rain-water: and to do
 id usque quintum diem, que iterum vomere.
that until the fifth day, and again to vomit.
 Autem Asclepiades, contra priores auctores, affirmavit
But Asclepiades, contrary-to former authors, has-affirmed
 potionem debere esse assidue
the drink to owe (that the drink ought) to be constantly
 frigida, et quidem quam-frigidissimam. Ego existimo
cold, and indeed as-cold-as-possible. I think
 quemque debere credere
each (person) to ought (that every one ought) to believe
 experimentis in se, utatur potius
to the experiments upon himself, (whether) he may-use rather
 calida an frigida. Autem interdum evenit,
with hot or with cold (drink). But sometimes it happens,
 ut id neglectum pluribus diebus, possit
that that being-neglected in (for) many days, may-be-able
 curari difficilius. Oportet incipere a
to-be-cured more-difficultly. It-behoves to begin from (with)
 vomitu: deinde postero die vespere
a vomit: afterwards on-the-following day in-the-evening
 ungi tepido loco: assumere modicum
to-be-anointed in-a-lukewarm place; to take moderate
 cibum, meracum vinum quam-asperissimum; habere
food, pure wine as-rough-as-possible; to have
 rutam impositam cum cerato super ventrem. Autem in
ruc put-on with cerate over the belly. But in

hoc affectu corpōris, est opus neque ambulatione
this affection of the body, there-is need neither with walking
 neque frictione : prodest sedisse vehiculō, vel
nor with friction : it-profits to have-sat in a-carriage, or
 etiā magis equo : enim neque ulla res confirmat
even more on-a-horse : for neither any thing strengthens
 magis intestina. Vero si etiā est utendum
more the intestines. But if also it-is to be-used
 medicamentis, id est aptissimū quod fit ex
with medicines, that is most-fit which is-made out-of
 pomis. Tempore vindemiæ pira atque mala
fruits. In time of vintage pears and apples
 silvestriā sunt conjicienda in
belong-to-the-woods (wild) are to be-cast-together into
 grande vas : si ea sunt non, viridiā
a great vessel : if those are not (to be obtained), green
 Tarentina vel Signina pira, Scandiana vel Amerina
Tarentine or Signine pears, Scandian or Amerinian
 mala, myrapia ; que cotoneā, et Punica
apples, musk-pears ; and quinces, and Punic (pome-
 cum suis corticibus ipsis, sorba,
granates) with their barks themselves, service-fruits,
 et etiā torminalia, quibus utimur magis, sunt
and also torminalia, with which we-use more, are
 adjienda his ; sic ut hæc tenēant
to-be-added to these ; so that these may-hold (occupy)
 tertiam partem ollæ ; tum deinde ea est
a third part of the pot ; then afterwards that is
 implenda musto ; que id coquendum, donec
to-be-filled with new-wine ; and that to be-boiled, until
 omnia quæ indita-sunt liquata,
all (the things) which have-been-put-in being-melted,
 coeant in quandam unitatem. Id est non
may-unite into a certain union. That is not
 insuave gustū ; et quandocunque est opus,
disagreeable to the taste ; and whenever there-is need,
 assumtum leniter, tenet ventrem
being-taken gently (in moderation), holds (represses) the belly

sine ulla noxa stomachi. Est satis
without any injury of the stomach. It-is sufficient
 sumsisse duo aut tria cochlearia uno die.
to have-taken two or three spoonsful in one day.
 Alterum valentius genus, legere baccas myrti,
Another more-powerful kind (is), to collect berries of myrtle,
 exprimere vinum ex his, decoquere id,
to press-out the wine (juice) out-of these, to boil that,
 ut decima pars remaneat, que sorbere cyathum
that a tenth part may-remain, and to sip a glass
 ejus. Tertium quod potest fieri quandocunque :
of it. The third which is-able to-be-done at-any-time :
 excavare Punicum malum, que omnibus
to hollow-out a Punic apple (pomegranate), and all
 seminibus exemptis, conicere iterum membranas
theseeds being-taken-out, to cast-together again the membranes
 quæ fuerunt inter ea : tum infundere cruda
which were between them : then to pour-in raw
 ova, que miscere rudicula : deinde
eggs, and to mix (them) with a spattle : afterwards
 imponere malum ipsum super prunam, quod
to put-in the apple itself over the live-coal, which
 aduritur non, dum humor est intus : ubi
is burnt not, while the moisture is within : when
 coepit esse siccum, oportet remove que
it-has-begun to-be dry, it behoves to remove and
 edisse quod est intus, extractum cochleari.
to have-eaten what is within, being-drawn-out with a spoon.
 Habet majus momentum, aliquibus adjectis :
It-has greater power, some (things) being-added :
 itaque etiam conicitur in piperatum, que
therefore also it-is-cast into peppered (vinegar), and
 miscetur cum sale et pipere, est quid
is-mixed with salt and with pepper, there-is what (some-
 est edendum ex his. Etiam
thing) is to be-eaten out-of (with) these. Also
 pulticula, cum qua paulum ex vetere favo
pottage, with which a little out-of old honeycomb

coctum-sit, et lenticŭla cocta cum
may-have-been-boiled, and lentil boiled with
 malicorŭo, que cacumĭna rubi decocta in
pomegranate-rind, and tops of bramble boiled in
 aqua, et assumpta ex olĕo atque aceto,
water and taken out-of (with) oil and vinegar,
 sunt efficacĭa: atque ea aqua potata in qua
are efficacious: and that water being-drunk in which
 vel palmŭlæ vel cotonĕum-malum, vel arĭda sorba,
either dates or quince, or dry service-fruits,
 vel rubi, decocti-sunt: quod genus significo,
or blackberries, have-been-boiled: which kind I signify

quoties dico potionem esse-dandam quæ
(allude to), as-often-as I say drink to be-given which
 adstringat. Quoque hemĭna tritici decoquitur in
may-bind. Also a hemina of wheat is-boiled in
 austero Aminæo vino; que id tritĭcum datur
rough Aminæan wine; and that wheat is-given
 jejuno ac sitiēti; que id vinum
to (the patient) fasting and thirsting; and that wine
 sorbetur super id; quod jure potest adnumerari
is-sipped over that; which by right is-able to be-numbered-to
 valentissimis medicamentis. Atque etiā Signinum
to the most-powerful medicines. And also Signine
 vinum, vel austereum resinatum, vel quodlibet austereum,
wine, or rough resined, or any rough (wine),
 datur potui. Que Punĭcum malum
is-given for drink. And Punic apple (Pomegranate)
 contunditur cum suis corticibus que seminibus, que
is-bruised with its barks and seeds, and
 miscetur tali vino; que aliquis vel sorbet
is-mixed with such wine; and some (person) either sips
 id merum vel bibit mixtum. Sed est supervacuum
that pure or drinks (it) mixed. But it-is superfluous
 uti medicamentis, nisi in vehementibus malis.
to use with medicines, unless in violent evils.

xx. 1. Quoque vehĕmens malum nascitur femĭnis
Also a violent evil (malady) arises to women

ex vulva: que proxime ab . stomächo,
out-of the womb: and next from (after) the stomach,
 hæc vel afficitur, vel afficit corpus. Interdum
this (part) either is-affected, or affects the body. Sometimes
 etiã exanimat sic, ut prosternat
also it renders-lifeless so, that it may-prostrate (a person)
 tanquam morbo comitali.
as-if by the disease belonging-to-the-assembly (epilepsy).
 Tamen hic casus distat eo, quod neque oculi
Yet this accident differs in this, that neither the eyes
 vertuntur, nec spumæ proflũunt, nec nervi
are-turned, nor the foams flow-forth, nor the nerves
 distenduntur; tantum est sopor. Que
are-distended (convulsed); only there-is deep-sleep. And
 id revertens crebro quibusdam feminis est perpetuum.
that returning frequently to some women is lasting.
 Ubi incidit, si est satis virium, sanguis
When it happens, if there-is enough of strengths, blood
 missus adjuvat: si est parum, tamen
being-sent (let) assists: if there-is little, yet
 eucurbitulæ sunt defigendæ in inguinibus. Si
cupping-instruments are to be-fixed in the groins. If
 aut jacet diutius aut consuevit
(the woman) either lies very-long or has-been-accustomed
 alioqui jacere, oportet admovere naribus
otherwise to lie (long), it behoves to apply to the nostrils
 linamentum extinctum ex lucerna, vel
linen (wick) extinguished out-of (from) a lamp, or (some)
 aliud ex iis, quæ retuli esse
other out-of those (things), which I have-related to be
 fœdioris odoris, quod excitet mulierem. Que
of very-foul odour, which may rouse the woman. And
 quoque perfusio frigidæ aquæ efficit idem. Que
also a pouring-over of cold water effects the same. And
 ruta contrita cum melle adjuvat, vel ceratum ex
rue bruised with honey assists, or cerate out-of
 cyprino, vel quodlibet calidum et humidum
with privet (oil), or any hot and moist

cataplasma, impositum naturalibus tenuis
cataplasma, put-on to the natural (parts) as-far-as
 pube. Etiam inter hæc oportet perfricare
the pubes. Also among these (things) it behoves to-rub
 coxas et poplites. Deinde, ubi rediit ad
the hips and knees. Afterwards, when she has-retuned to
 se, vinum est circumcidendum ei in
herself, wine is to-be-cut-off (forbid) to her unto (during)
 totum annum, etiamsi idem casus revertitur
a whole year, even-if the same accident returns
 non. Utendum quotidie frictione quidem
not. (It is) to be-used daily with friction indeed
 totius corporis, vero præcipue ventris et
of the whole body, but especially of the belly and
 poplitem. Cibus ex media materia
of the knees. Food out-of the middle material (is)
 dandus: sinapi imponendum super inum
to be-given: mustard (is) to-be-put-on over the lowest
 ventrem quoque tertio aut quarto die, donec
belly on each third or fourth day, until
 corpus rubeat. Si durities manet, solanum
the body may-be-red. If hardness remains, nightshade
 demissum in lac, deinde contritum
sent-down (soaked) into milk, afterwards bruised
 videtur mollire commode, et alba cera
seems to soften advantageously, and white wax
 atque medulla cervina, cum irino, aut
and marrow belonging-to-deer, with iris (oil), or
 sebum taurinum vel caprinum, mixtum
suet belonging-to-a-bull or belonging-to-a-goat, mixed
 cum rosa. Etiam vel castoreum est dandum
with rose (oil). Also either castoreum is to be-given
 potui, vel gith, vel anethum. Si est
for drink, or gith, or dill. If she-is
 parum pura, purgatur quadrato junco. Vero
little (not) pure, she is-purged with square bulrush. But
 si vulva est exulcerata, ceratum ex rosa
if the womb is ulcerated, cerate out-of rose (oil)

fiat : etiam recens adeps suilla
may-be-made : also fresh fat belonging-to-swine
 et album ex ovis misceatur, que id
and white out-of eggs may-be-mixed, and that
 apponatur ; vel album ex ovo mixtum cum
may-be-put-on ; or white out-of egg mixed with
 rosa, pulvere contritæ rosæ adjecto,
rose(oil), dust of bruised rose being-added,
 quo consistat facilius.
by which (in order that) it may-stay-together more-easily.
 Vero vulva dolens debet suffumigari
But the womb being-in-pain ought to be-fumigated
 sulphure. At si nimia purgatio nocet
with sulphur. But if too-much purging hurts
 mulieri, cucurbitulæ admotæ inguinibus
to a woman, cupping-instruments applied to the groins
 vel etiam sub mammis, cute incisa, sunt
or even under the breasts the skin being-incised, are
 remedio. Si purgatio est maligna
for (as) a remedy. If the purging (flux) is malignant
 sunt subjicienda
there are to be-placed-under [Here there is a deficiency

in the text, which should contain the conclusion of the account
 of diseases of the womb, and the commencement of the one

coeuntia.

on those of the bladder] uniting.

Etiam albæ olivæ faciunt id, nigrum papaver
Also white olives do that, black poppy
 assumtum cum melle, et gummi liquatum cum
taken with honey, and gum melted with
 trito semine apii, et datum cum cyätho
rubbed seed of parsley, and given with a glass
 passi. Præter hæc, in omnibus doloribus
of raisin-wine. Besides these (things), in all pains
 vesicæ potiones quæ fiunt ex odoribus
of-the-bladder potions which are-made out-of scents

sunt idonęæ, id est spica-nardi, croco,
are proper, that is with-spikenard, with saffron,
 cinnamomo, caſia, que ſimilibus.
with cinnamon, with cassia, and with the like (things).
 Etiam lentiscus decocta præſtat idem.
Also maſtick boiled affords (effects) the ſame.
 Tamen ſi dolor eſt intolerabilis, et ſanguis
Yet if the pain is inſupportable, and blood
 profluit, etiam detractio ſanguinis eſt apta, aut
flows-forth, alſo withdrawal of blood is fit, or
 certe cucurbitulę admotę coxis, cute
certainly cupping-inſtruments applied to the hips, the ſkin
 incisa.
being-incised.

2. At cum urina profluens ſuper modum
But when the urine flowing-forth above the meaſure
 potionum, et jam ſine dolore, facit
of the drinks, and now without pain, makes (cauſes)
 maciem et periculum; ſi eſt tenuis,
emaciation and danger; if (the urine) is thin,
 opus exercitatione et frictione, que
(there is) need with exerciſe and with friction, and
 maxime in ſole vel ad ignem. Balneum
eſpecially in the ſun or at the fire. The bath (bathing)
 debet eſſe rarum, neque longa mora
ought to-be rare, nor (ſhould there be) long delay
 in eo: cibus comprimens: aſterum
in it: the food compreſſing (aſtringent): rough
 vinum meracum, frigidum, per
vine (ſhould be given) pure, cold through
 æſtatem, egelidum, per hiemem; ſed tantum
ſummer, lukewarm, through winter; but ſo-much
 quantum ſit minimum. Quoque
as may-be the leaſt (the leaſt poſſible). Also
 infima alvus eſt vel ducenda, vel
the loweſt belly is either to-be-drawn (clyſtered), or
 purganda lacte. Si urina eſt crassa, et
to be-purged with milk. If the urine is thick, both

exercitatio et frictio debet esse vehementior;
exercise and friction ought to be more-violent;

mora in balneo longior: est opus teneris
the delay in the bath longer: there-is need with tender

cibis: vinum idem. In utroque morbo
foods: the wine the same. In each disease

omnia sunt vitanda quæ consuerunt
all (things) are to be-avoided which have-been-accustomed
 movere urinam.
to move (promote) urine.

XXI. Est etiam vitium circa
There-is also a vice (disease) about

naturalia, nimia profusio
the natural (parts), a too-great pouring-forth

seminis, quod fertur sic
of the seed (semen), which is-borne (discharged) so

sine venere, sine nocturnis imaginibus,
without venery, without nocturnal images (illusions),

ut, spatio interposito,
that, a space being-interposed (having intervened),

consumat hominem tabe. In hoc
it-may-consume the man with consumption. In this

affectu vehementes frictiones, perfusiones, que
affection violent frictions, perfusions, and

natationes quam-frigidissimæ sunt salutare:
swimmings (bathings) as-cold-as-possible are salutary:

neque cibi, nec potio, nisi assumpta frigida.
neither foods, nor drink, unless taken cold.

Autem oportet vitare cruditates, et omnia
But it-behovs to avoid indigestions, and all

inflantia: assumere nihil ex iis,
inflating (things): to take nothing out-of those(things),

quæ videntur contrahere semen; qualia sunt,
which seem to contract the semen; such-as are,

siligo, simila, ova, alica, amyllum, omnis glutinosa
siligo, simila, eggs, alica, amyllum, all glutinous

caro, piper, crucea, bulbi, nucleï pinæi.
flesh, pepper, rocket, bulbs, kernels- belonging-to-the-pine.

Neque est alienum, fovere inferiores partes
Nor is-it unfit, to foment the lower parts
 aqua decocta ex comprimētibus verbenis:
with water boiled out-of repressing (astringent) vervains:
 circumdāre imo ventri que inguinibus aliqua
to surround to the lowest belly and to the groins some
 cataplasmatā ex iisdem; que præcipue rutam
cataplasms out-of the same; and especially rue
 ex aceto: et vitare ne obdormiat
out-of (with) vinegar: and to avoid lest he may-sleep
 supinus
supine (on the back).

xxii. Sup̄erest, ut veniam ad extremas
It-remains that I may-come to the extreme
 partes corpōris, quæ conseruntur inter se
parts of the body which are-connected between themselves
 articulis. Faciam initium a coxis.
by joints. I shall-make a beginning from the hips.
 Consuevit esse ingens dolor harum:
There-has-been-accustomed to be great pain of these:
 que is sæpe debilitat hominem, et dimittit
and that often weakens the man, and leaves
 non quosdam. Que id genus curatur difficillime
not some. And that kind is-cured most-difficultly
 eo, quod fere pestifera
by this (reason), because mostly the pestiferous (morbific)
 vis post longos morbos inclināt se huc:
force after long diseases inclines itself hither:
 quæ ut liberat alias partes, sicprehendit hanc
which as it-frees other parts, so seizes this
 ipsam quoque affectam. Primum est fovendum
itself also being-affected. First it-is to-be-fomented
 calida aqua: deinde utendum calidis
with hot water: afterwards (it is) to be-used with hot
 cataplasmatīs. Concisus cortex capparis, mixtus
cataplasms. Cut (chopped) bark of-caper, mixed
 aut cum farina hordeacēa aut cum ficu
either with meal belonging-to-barley or with fig

decocta ex aqua, videtur prodesse maxime ;
boiled out-of (in) water, seems to profit mostly ;
 vel farina lolii cocta ex diluto vino,
or meal of darnel boiled out-of (in) diluted wine,
 et mixta cum arida facie : quæ
and mixed with dry lee (lees) : which (things)
 quia refrigerant, est commodius imponere
because they-cool, it-is more-advantageous to put-on
 malagmāta noctu. Quoque radix inŭlæ,
(as) malagmata by night. Also the root of elecampane,
 contusa et postea cocta ex austero
bruised and afterwards boiled out-of (with) rough
 vino, et imposita late super coxam, est inter
wine, and put-on widely over the hip, is among
 valentissima auxilia. Si ista solverunt
the most-powerful aids. If those (things) have loosed
 non, est utendum calido et humido
(relieved it) not, it-is to be-used with hot and with moist
 sale. Si dolor finitus-est ne-quidem sic, aut
salt. If the pain has-been-ended not-even thus, or
 tumor accedit ei, cucurbitulæ sunt
swelling accedes to it, cupping-instruments are
 admovendæ, cute incisa; urina movenda;
to-be-applied, the skin being-incised; the urine to be-moved
 alvus ducenda, si
(promoted); the belly to be-drawn (clystered), if
 compressa-est. Ultimum et quoque
it-has-been-repressed. The last (remedy) and also
 efficacissimum in veteribus morbis est, exulcerare
the-most-efficacious in old diseases is, to ulcerate
 cutem candentibus ferramentis tribus aut
the skin with hot iron-instruments in three or
 quatuor locis super coxam. Quoque est utendum
in four places above the hip. Also it-is to be-used
 frictione, maxime in sole, et sæpius
with friction, especially in the sun, and very-often
 eodem die; quo ea digerantur
in-the-same day; by which those (things) may-be-dispersed

facilius, quæ nocuerunt coëundo; que ea est
more-easily, which have-hurt by collecting; and that is
 adhibenda etiam coxis ipsis, si est
to be-applied also to the hips themselves, if there-is
 nulla exulceratio; si est, ceteris partibus. Vero
no ulceration; if there-is, in other parts. But
 cum sæpe aliquid sit exulcerandum
when (since) often some (thing) may-be to be-ulcerated
 candenti ferramento, ut inutilis
with a hot iron-instrument, that the useless (injurious)
 materia evocetur, illud est perpetuum,
matter may-be-called-forth, that (this) is perpetual
 non sanare ulcēra hujus generis,
(a constant rule), not to cure ulcers of this kind,
 ut-primum potest fieri; sed trahere
as-soon-as it-is-able to be-done; but to draw (protract)
 ea, donec id vitium conquiescat, cui
them, until that vice (malady) may-rest, to which
 opitulamur per hæc.
we-aïd by these (ulcers).

XXIII. Genūa sunt proxima coxis: in
The knees are nearest (next) to the hips: in
 quibus ipsis dolor consuevit nonnunquam
which themselves pain has-been-accustomed sometimes
 esse. Autem est præsidium in iisdem
to be. But there-is a safeguard (remedy) in the same
 cataplasmatibus que cucurbitulibus: sicut etiam cum
cataplasms and cupping-instruments: as also when
 aliquis dolor exortus-est in humeris, ve aliis
some pain has-arisen in the shoulders, or in the other
 commissuris. Est inimicissimum ei, cui
joints. It-is most-hostile to him, to whom
 genūa dolent, equitare. Autem omnes dolores
the knees are-in-pain, to ride. But all pains
 ejusmodi, ubi inveteraverunt, vix
of this-sort, when they-have-become-old, scarcely (ever)
 finiuntur citra unctionem.
are-ended on this-side (without) burning.

Vitia articulorum in manibus que
 xxiv. Vices (diseases) of the joints in the hands and
 pedibus sunt frequentiora que longiora; quæ
 in the feet are more-frequent and longer; which
 consuerunt esse in podagris ve chiragris.
 have-been-accustomed to be in foot-gouts or in hand-gouts.
 Ea raro tentant vel castratos,
 Those seldom try (attack) either the castrated (eunuchs),
 vel pueros ante coitum feminae, vel mulieres,
 or boys before connexion of woman, or women,
 nisi quibus menstrua sunt suppressa.
 unless (those) to whom the monthly (courses) are suppressed.
 Ubi coeperunt sentiri, sanguis est mittendus.
 When they have-begun to-be-felt, blood is to-be-sent
 enim id factum statim inter
 (let): for that being-done immediately among (during)
 initia, saepe praestat annuam, nonnunquam
 the beginnings, often affords annual, sometimes
 perpetuam bonam valetudinem. Quidam etiam
 perpetual good health. Some also
 evaserunt hoc malum in perpetuum,
 have-escaped this evil into perpetual (time, i.e. for ever),
 cum eluissent sese lacte
 when they might-have-cleansed themselves with milk
 asinino epoto. Quidam consecuti sunt
 belonging-to-the-ass being-drunk. Some have-attained
 securitatem totius vitae, cum temperassent
 security of the-whole life, when they might-have-restrained
 sibi toto anno a vino, mulso,
 to themselves in-a-whole year from wine, from hydromel,
 venere. Que id est servandum utique
 from venery. And that is to be-kept (observed) truly
 post primum dolorem, etiamsi quievit.
 after the first pain, although it-has-become-quiet.
 Quod-si consuetudo ejus jam facta-est,
 But-if custom of it already has-been-made,
 aliquis potest esse securior
 some (person) is-able to be more-secure (less anxious)

quidem iis temporibus, quibus dolor remisit
indeed in those times, in which the pain has remitted
 se: vero debet adhibere majorem curam iis,
itself: but he ought to apply greater care in those
 quibus id revertitur; quod fere
(seasons), in which that returns; which for-the-most-part
 solet fieri vere ve autumno.
is-accustomed to be-done (to happen) in spring or in autumn.
 Vero cum dolor urget, debet gestari
But when the pain oppresses, he ought to be-carried
 mane; deinde ferri, dimovere se
in the-morning; afterwards to be-borne, to move himself
 leni inambulatione, et, si est podagra, exiguis
with gentle walking, and, if it-is foot-gout, small
 temporibus interpositis, invicem modo
times (intervals) being-interposed, alternately sometimes
 sedere, modo ingredi; tum, antequam capiat
to sit, sometimes to walk; then, before-that he may-take
 cibum, sine balneo, perfricari leniter calido
food, without a bath, to-be-rubbed gently in-a-hot
 loco, sudare, perfundi egelida aqua;
place, to-sweat, to be-poured-over with lukewarm water;
 deinde sumere cibum ex media materia,
afterwards to take food out-of the middle material,
 rebus moventibus urinam interpositis; que
things moving (promoting) urine being-interposed; and
 quoties est plenior, evomere. Ubi
as-often-as he-is very-full (in habit), to vomit. When
 vehemens dolor urget, interest is
violent pain oppresses, it-is-of-importance (whether) that
 sit sine tumore, an tumor cum
may-be without tumour, or (whether) tumour with
 calore, an etiam tumor jam
health, or also (whether) the tumour already
 obcalluerit. Nam si est nullus
may-have-become-callous. For if there-is no
 tumor, est opus calidis fomentis. Oportet
tumour, there-is need with hot fomentations. It behoves

fervefacere aquam marinam, vel duram muriam,
to make-hot water belonging-to-the-sea, or hard brine,
 deinde conicere in pelvem, et cum homo
afterwards to cast (it) into a basin, and when the man
 potest jam pati, demittere pedes, que
is-able already to suffer (it), to lower (put in) the feet, and
 dare pallam super, et tegere vestimento;
to give (put) a cloak over, and to cover with clothing;
 deinde paulatim infundere ex
afterwards by-little-and-little to pour-in (some) out-of
 eadem aqua leniter juxta labrum ipsum,
the same water gently near the lip (of the basin) itself,
 ne calor intus destituat; ac deinde
lest the heat within may fail; and afterwards
 noctu imponere calefacientia cataplasmata, que
by night to put-on calefacient cataplasms, and
 maxime radicem hibisci coctam ex
especially the root of marsh-mallow boiled out-of (with)
 vino.
wine.

Vero si est tumor que calor, refrigerantia
But if there-is swelling and heat, refrigerants
 sunt utiliora, que articuli recte continentur in
are more-useful, and the joints rightly are-retained in
 aqua quam-frigidissima; sed neque quotidie neque
water as-cold-as-possible; but neither daily nor
 diu, ne nervi laedantur. Vero cataplasma
a-long-time, lest the nerves may-be-injured. But a cataplasm
 quod refrigeret, est imponendum: neque tamen
which may-cool, is to-be-put-on: nor yet (is it)
 permanendum in hoc ipso diu; sed
to be-remained (continued) in this itself a-long-time; but
 transeundum ad ea quae sic reprimunt
to-be-passed to those (remedies) which so repress
 ut emolliant Si est major
that they may-soften (at the same time). If there-is greater
 dolor, cortices papaveris sunt coquendi in vino,
pain, the barks of poppy are to be-boiled in wine,

que miscendi cum cerato, quod factum-sit
and to be-mixed with cerate, which may have-been-made
 ex rosa: vel tantundem ceræ et adipis
out-of rose (oil): or just-as-much of wax and of fat
 suillæ liquandum una, deinde
belonging-to-swine (is) to be-melted together, afterwards
 vinum miscendum his, atque ubi quod
wine (is) to be-mixed to these, and when (that) which
 impositum-est ex eo incaluit,
has-been-put-on out-of that has-become-hot,
 detrahendum, et subinde aliud
(it is) to be-withdrawn, and occasionally another (cataplasm)
 est imponendum. Vero si tumores etiam
is to be-put-on. But if the tumours also
 obcalluerunt, et dolent, spongia, quæ
have-become-callous, and are-in-pain, a sponge, which
 exprimitur subinde ex oléo et
is-expressed (dipped) occasionally out-of (in) oil and
 aceto, vel frigida aqua, imposita levat; aut
vinegar, or cold water, being-put-on relieves; or
 pix, cera, alumen, mixta inter se pari
pitch, wax, alum, mixed among themselves in equal
 portione. Sunt etiam plura malagmata idonea
portion. There-are also many malagmata proper
 manibus que pedibus. Quod-si dolor patitur
for the hands and the feet. But-if the pain allows
 nihil superimponi, oportet fovere id quod
nothing to be-put-over, it behoves to foment that which
 est sine tumore spongia quæ demittatur
is without tumour with a sponge which may-be-lowered
 in calidam aquam, in qua vel cortices
(dipped) into hot water, in which either barks
 papaveris, vel radix cucumeris silvestris
of poppy, or root of cucumber belonging-to-the-woods
 decocta-sit; tum inducere
(wild) may-have-been-boiled; then to-draw-on (apply)
 articulis crocum cum succo papaveris et lacte
to the joints saffron with the juice of poppy and milk

ovillo. At si est tumor, debet
belonging-to-sheep. But if there-is tumour, he ought
 quidem fovere egelida aqua, in qua lentiscus,
indeed to foment with lukewarm water, in which mastich,
 verbena, ve alia ex reprimentibus
vervain, or (any) other out-of the repressing (astringents)
 decocta-sit: vero medicamentum induci
may-have-been-boiled: but a medicament (ought) to be-applied
 ex amaris nucibus tritis cum
out-of bitter nuts (almonds) bruised with
 aceto; aut ex cerussa, cui succus
vinegar; or out-of ceruse, to which the juice
 herbæ muralis contritæ
of the herb belonging-to-the-wall (wall-pellitory) bruised
 adjectus-sit. Etiam lapis qui exedit
may-have-been-added. Also the stone which cuts-out
 carnem, quem Græci vocant σαρκοφάγος (sarkophāgon),
the flesh, which the Greeks call sarkophagos,
 excisus, sic ut capiat pedes,
cut-out, so that it-may-take (receive) the feet,
 consuevit levare eos demissos,
has-been-accustomed to relieve them being-let-down (placed into
 cum dolent, que retentos ibi. Ex
it), when they-are-in-pain, and being-retained there. From
 quo in Asia est gratia Asia
which (circumstance) in Asia there-is favour to the Asian
 lapidi. Ubi dolor et inflammatio remiserunt
stone. When the pain and inflammation have-remitted
 (quod fit intra quadraginta dies, nisi
(which is-done within forty days, unless (a particular)
 vitium hominis accessit), est utendum
vice (malady) of the man has-acceded), it-is to be-used
 modicis exercitationibus, abstinentiâ, lenibus
with moderate exercises, with abstinence, with gentle
 unctionibus, sic ut etiam articuli perfricentur
anointings, so that also the joints may-be-rubbed
 acopo, vel liquido cyprino cerato. Quoque est
with acopum, or with liquid cyprine cerate. Also it-is

alienum podagrĭcis equitare.
unfit for (persons) suffering-from-foot-gout to ride.

Vero quibus dolor articularum revertitur certis
But to whom pain of the joints returns in certain

temporibus, oportet hos cavere ante, ne
times (seasons) it-behoves these to-beware before, lest

inutilis materia supersit corpōri, et
useless (injurious) matter may-abound to the-body, both

curioso victu, et crebriore vomitu; et si
by careful diet, and by more-frequent vomiting; and if

est quis metus ex corpore, uti
there-is any fear out-of (on-account-of) the body, to use

vel ductione alvi, vel purgari
either with drawing (clystering) of the belly, or to-be-purged

lacte. Quod Erasistrātus expulit in
with milk. Which Erasistratus has-expelled in

podagrĭcis, ne cursus factus
(persons) afflicted-with-foot-gout, lest the course being-made

in inferiores partes replet pedes: cum
into the lower parts might-fill the feet: when (since)

sit evidens, non tantummodo superiora,
it-may-be evident, not only the upper (parts)

sed etiam inferiora exinaniri omni purgatione.
but also the lower to be-emptied by all purging.

xxv. Autem ex quocunque morbo quis
But out-of whatever disease any (person)

convalescit, si confirmatur tarde, debet
becomes-well, if he-is-strengthened slowly, he ought

vigilare prima luce; nihilominus conquiescere
to-be-awake at-first light (dawn); nevertheless to-rest

in lecto: circa tertiam horam permulcere corpus
in bed: about the third hour to rub-gently the body

leniter unctis manibus; deinde ambulare,
gently with anointed hands; afterwards to walk,

quantum juvat, causa delectationis, omni
as-much-as it-pleases, for-the-sake of delight, every

actione negotiosa circumcisa: tum
action pertaining-to-business being-cut-off (interdicted): then

gestari diu ; uti multa frictione ;
to be carried a-long-time ; to-use with much friction ;
 mutare sæpe loca, cœlum,
to change often the places, the heaven (atmosphere),
 cibos : ubi bibit vinum tridño ve
the foods : when he has-drunk wine on (for) three-days, or
 quatrídño, interponere aquam uno aut
on (for) four-days, to interpose water in (for) one or
 etiam altéro die. Enim per
even in (for) another (second) day. For through
 hæc fiet, ne-incīdat in
these (things) it-will-be-done, that he-may-not-fall into
 vitia inferentia tabem, et ut
vices (maladies) bringing-on consumption, and that
 recipiat suas vires mature. Vero cum
he may-receive (recover) his strengths early. But when
 convaluērit ex-toto, mutabit
he may-have-become-well entirely, he will-change
 genus vitæ subito, et aget inordinate,
(his) kind of life suddenly, and will-act irregularly,
 periculose. Ergo debebit, his legibus
dangerously. Therefore he will-ought, this laws (rules)
 omissis, paulatim transire eo,
being-omitted, by-little-and-little to pass-over thither (to that
 ut vivat suo arbitrio.
point) that he may-live at-his-own pleasure.

END OF VOL. I.



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